

HEALING FROM DISEASE, DEPRESSION,
AND DAMAGED RELATIONSHIPS

THE LAW OF *Life*

Michelle came to me with an abdominal cancer that had spread and was resisting all conventional attempts to control it. She also came with emotional baggage from relationship traumas. As I shared with her the principles contained in *The Law of Life*, and as she applied those principles in her life, her cancer reversed. She gained the joy and hope that she had lost, and she had a greater appreciation of her purpose in life. Michelle's story is not an isolated case. I see my patients' relationships restoring, spiritual lives blossoming, and mental health improving when these principles are applied. And you can too. Read and re-read *The Law of Life* until you understand and apply it to your life. You won't regret it!



MARK SANDOVAL after graduating from the Loma Linda University School of Medicine specialized in emergency medicine, practicing nationally and internationally. He transitioned to a lifestyle medicine practice at Uchee Pines Institute in 2012 and later became one of the first 200 physicians in the world to become board certified in lifestyle medicine. He is a proud father and happy husband, as well as an educator, entrepreneur, consultant, administrator, international speaker, and now author.



Uchee Pines Institute
www.uchee-pines.org
1-877-824-3374



THE LAW OF LIFE

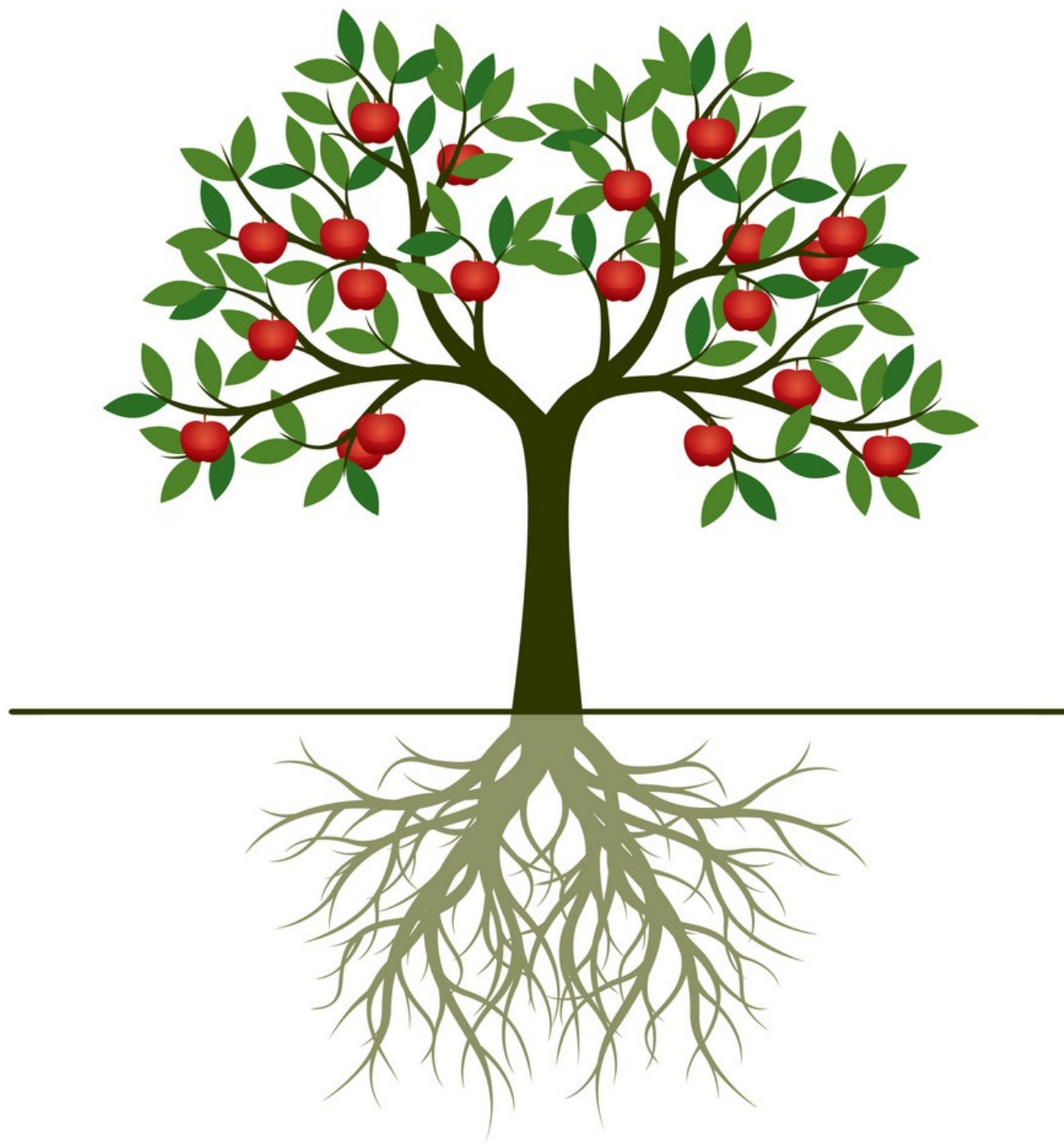
Mark Sandoval, M.D.



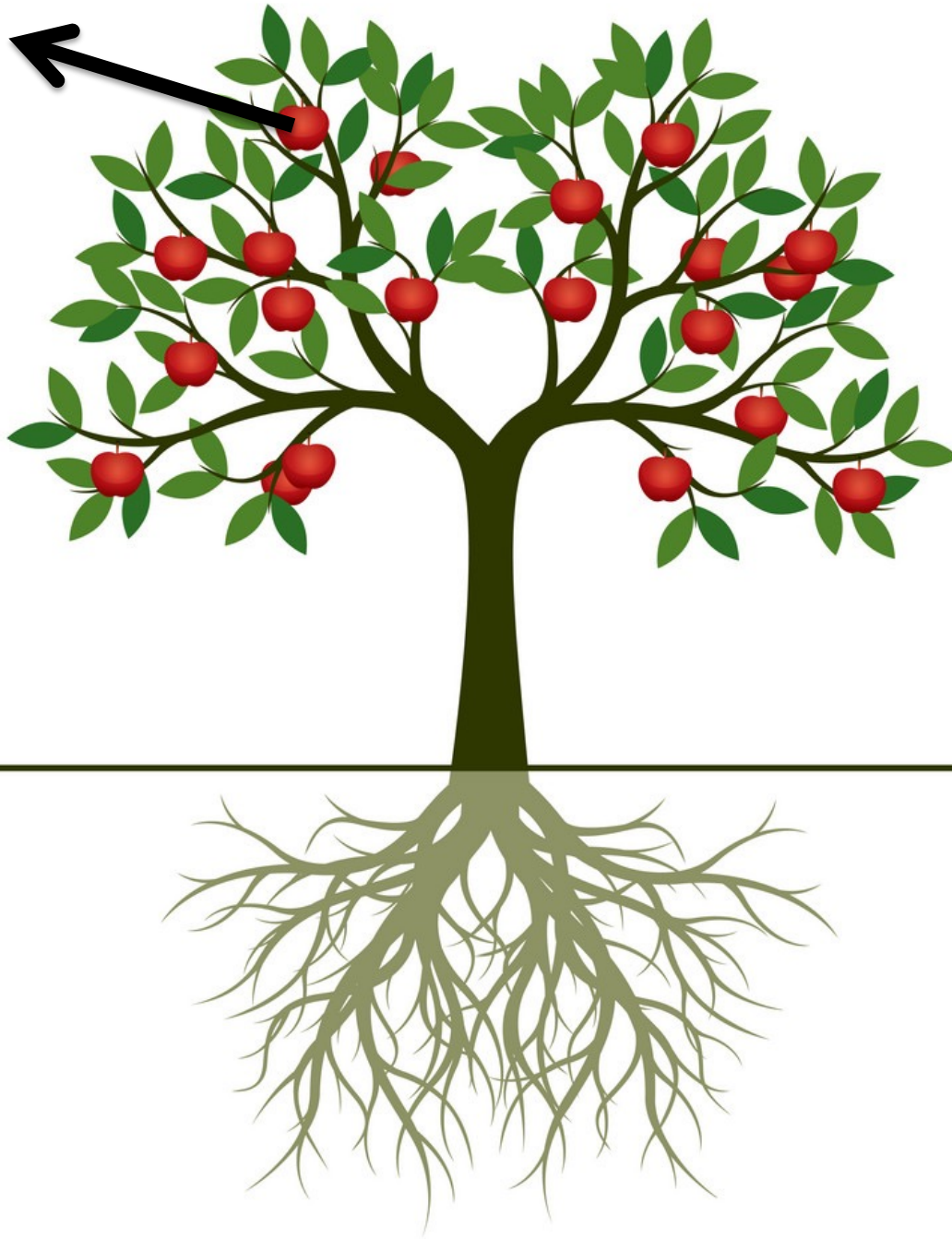
THE LAW OF *Life*



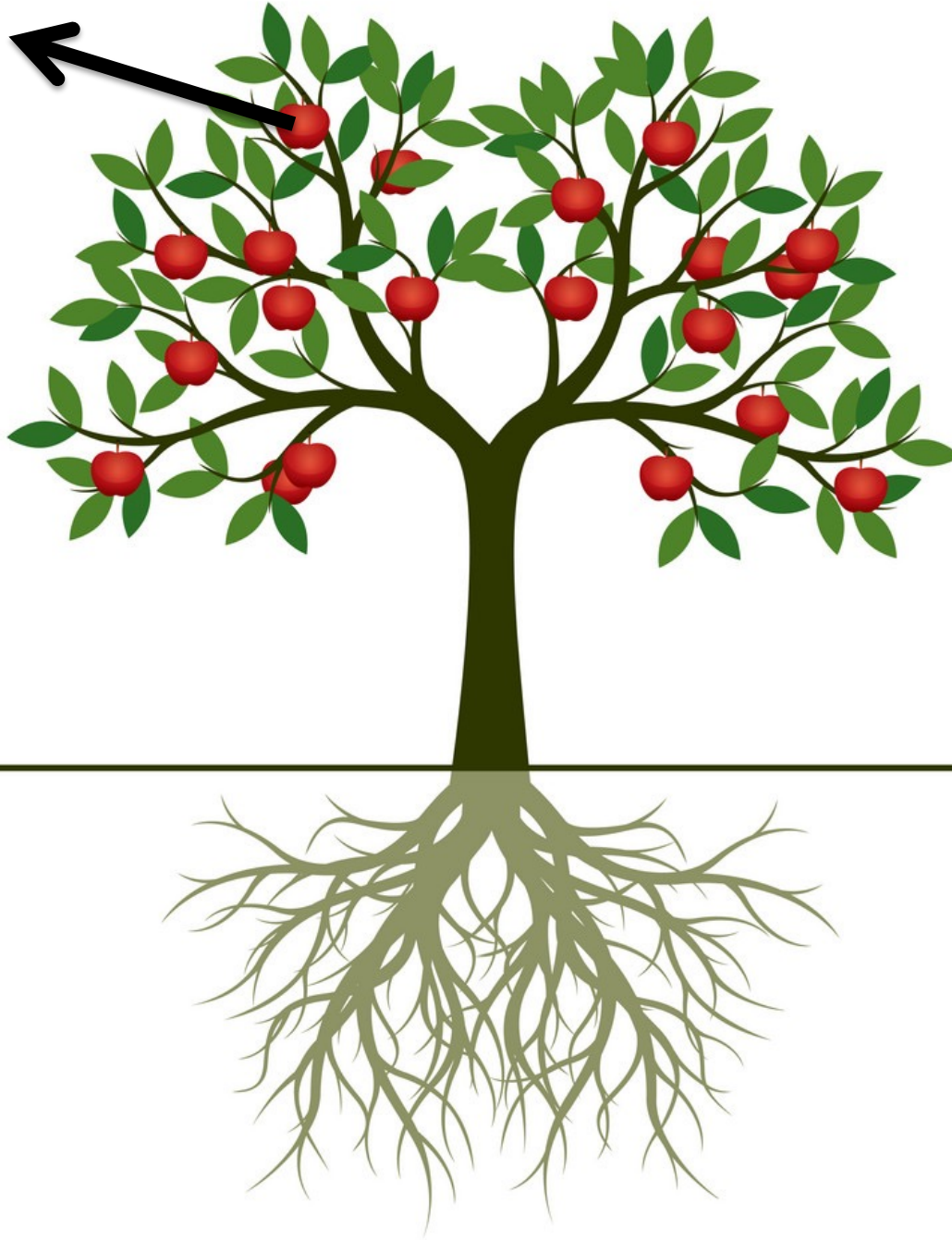
Mark Sandoval, M.D.



Symptoms

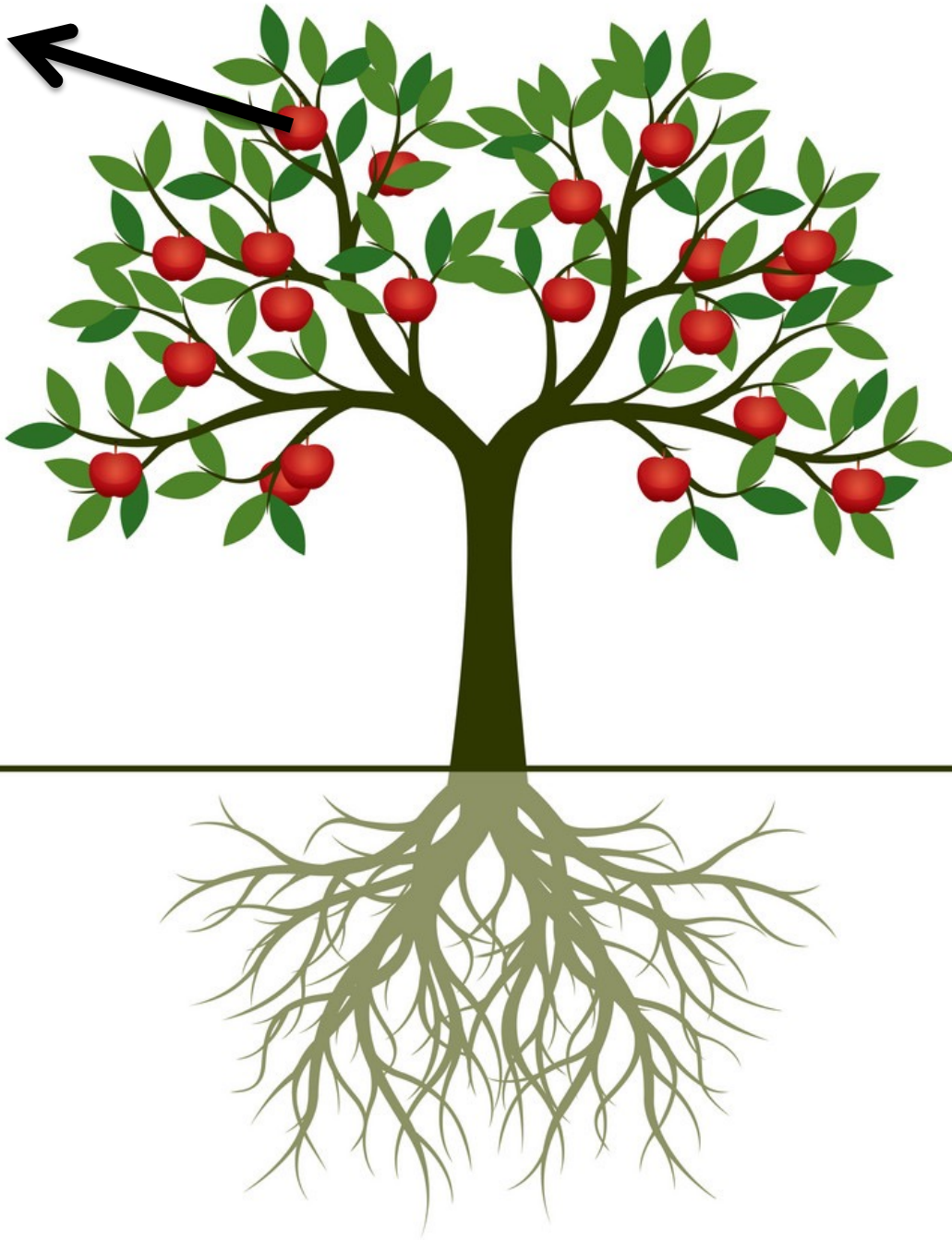
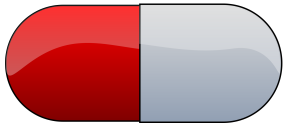


Symptoms
(Pain, cough, etc.)



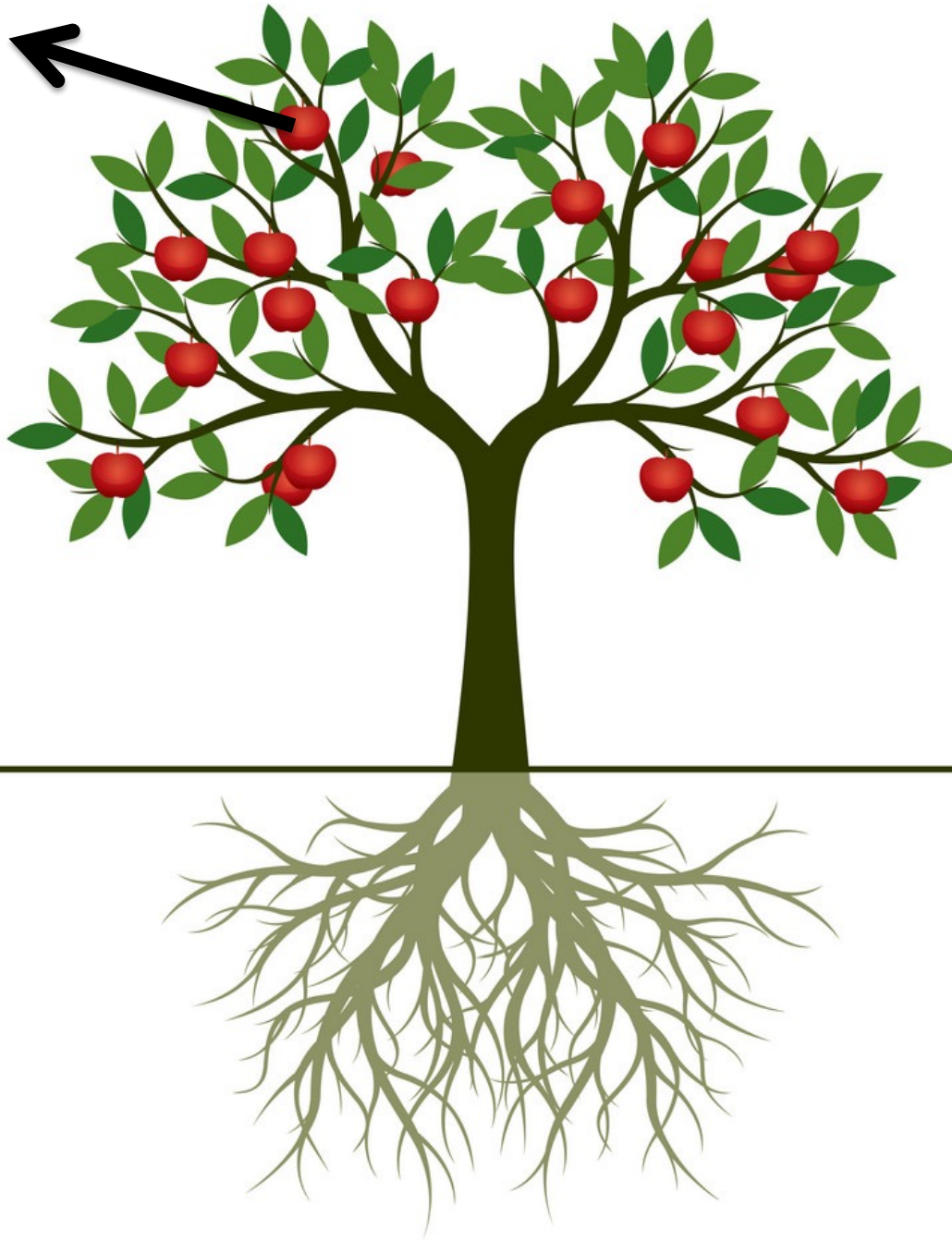
Symptoms

(Pain, cough, etc.)



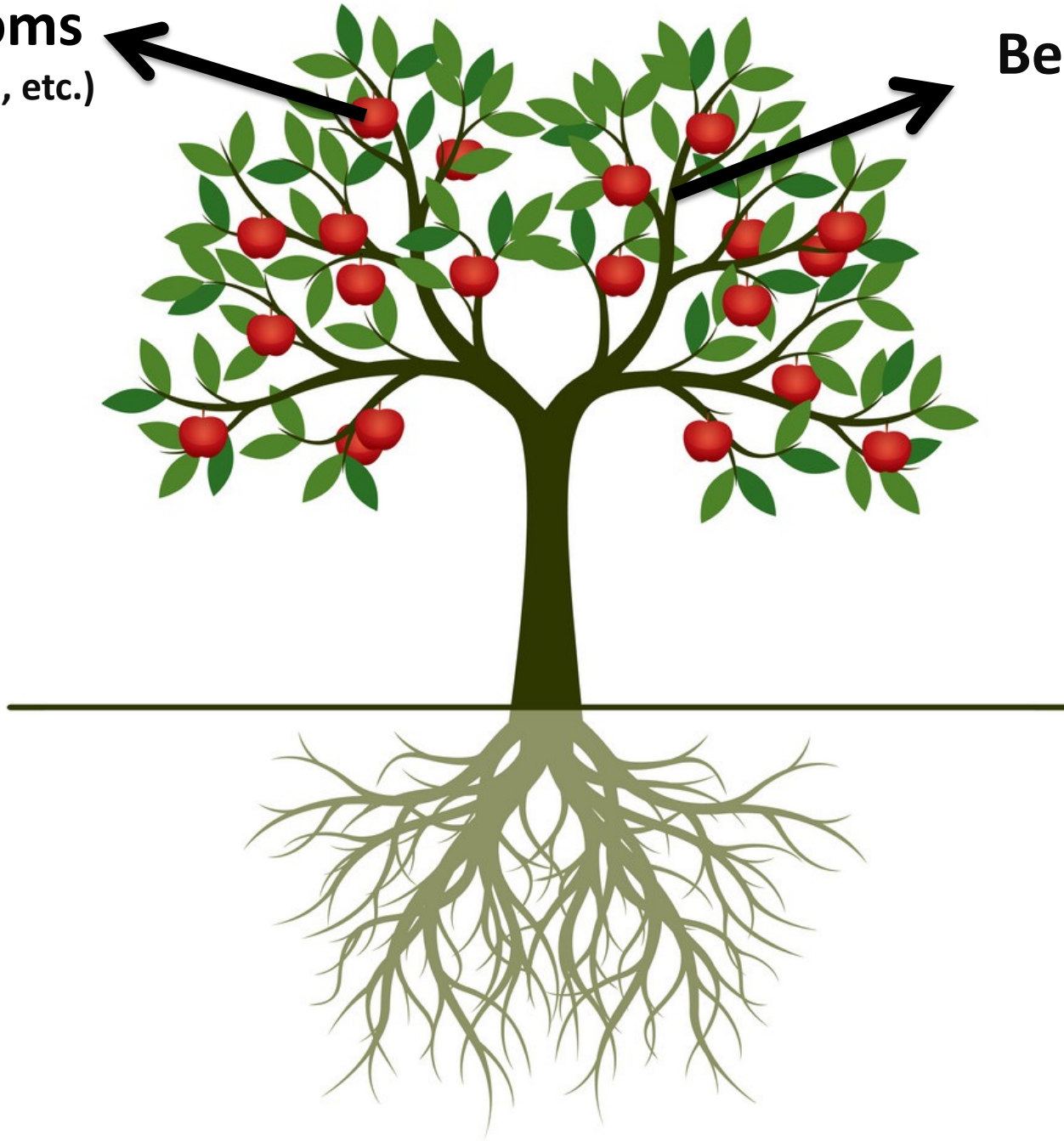


Symptoms
(Pain, cough, etc.)



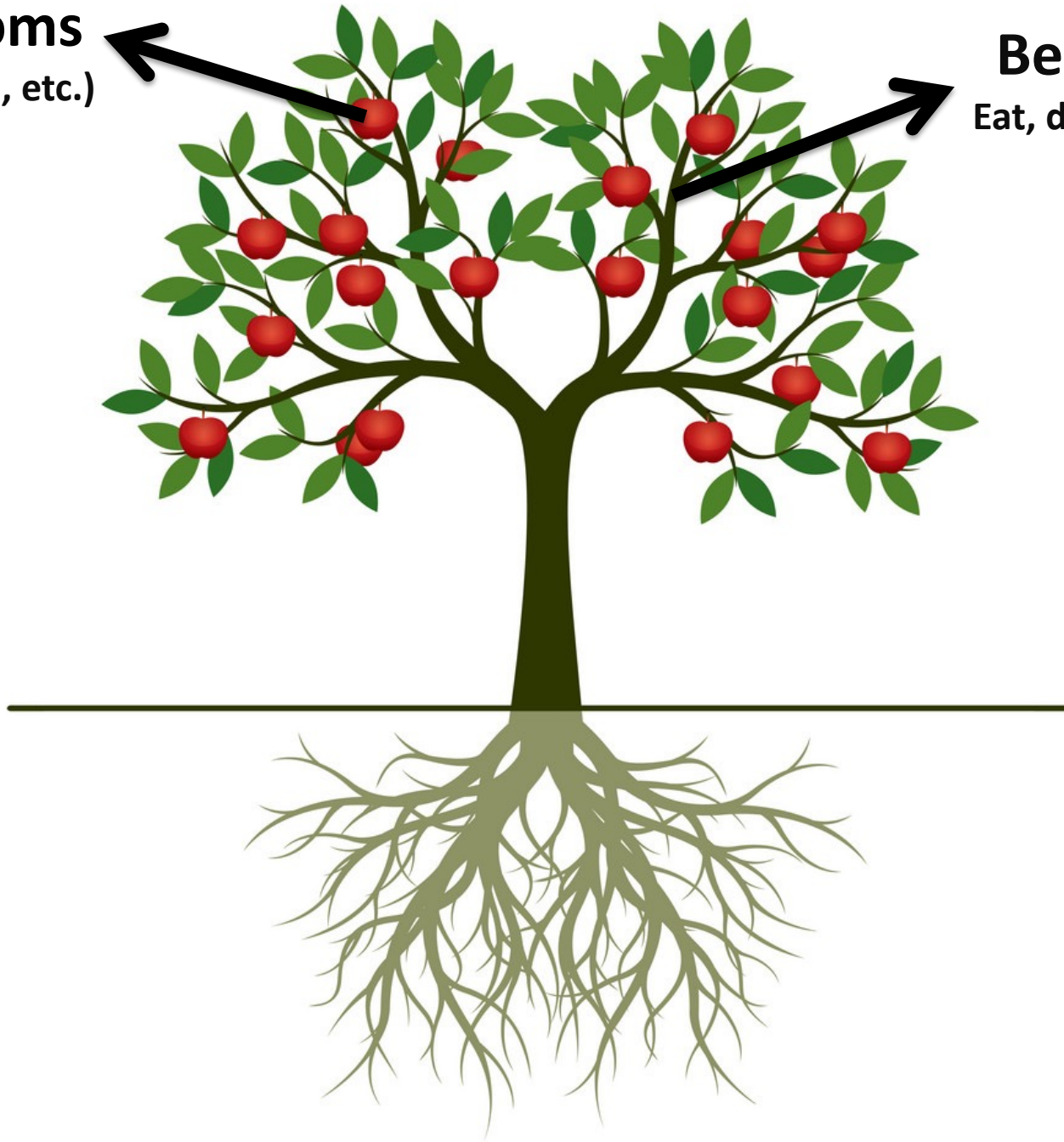
Symptoms
(Pain, cough, etc.)

Behaviors



Symptoms
(Pain, cough, etc.)

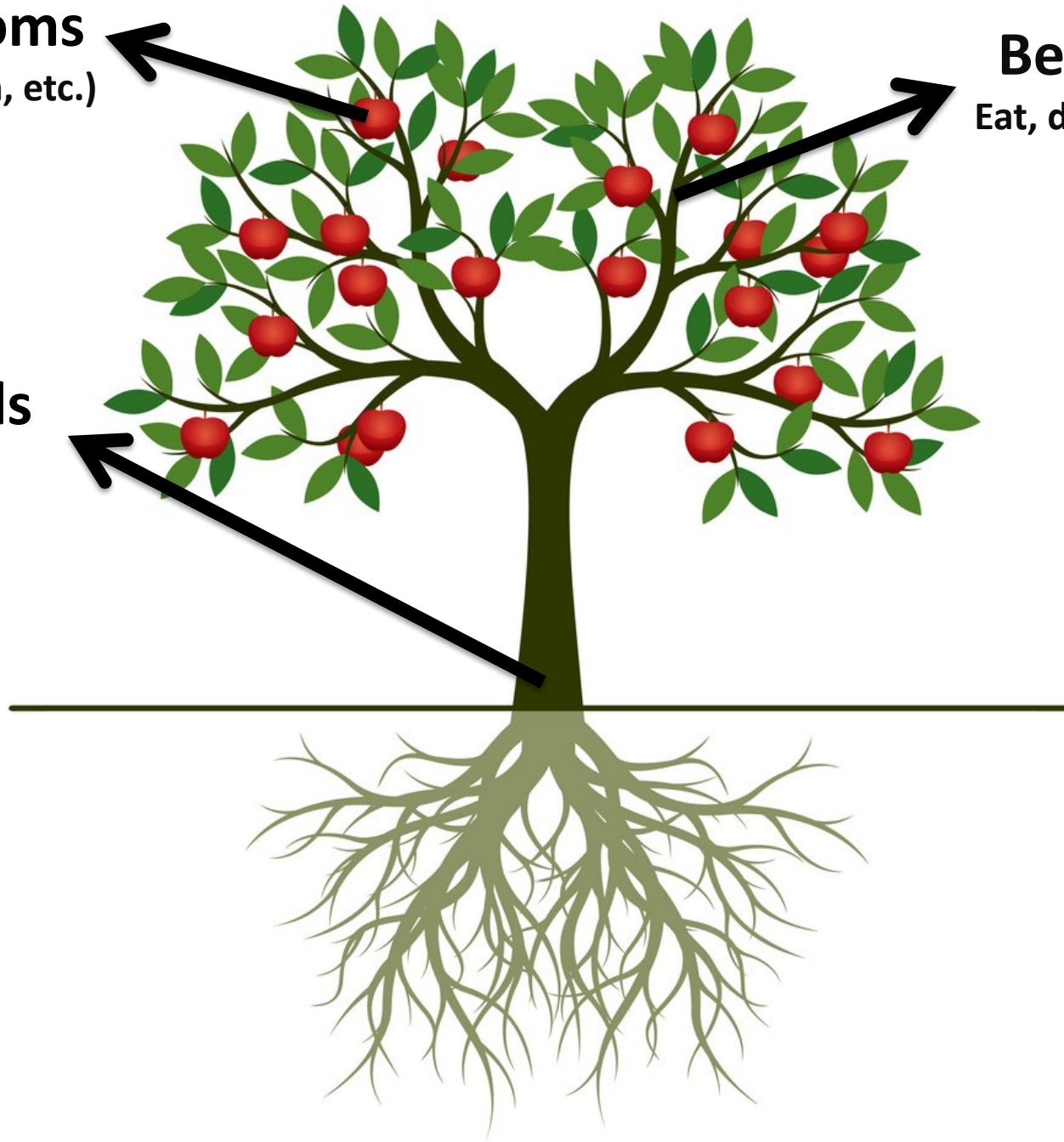
Behaviors
Eat, drink, breathe..



Symptoms
(Pain, cough, etc.)

Behaviors
Eat, drink, breathe..

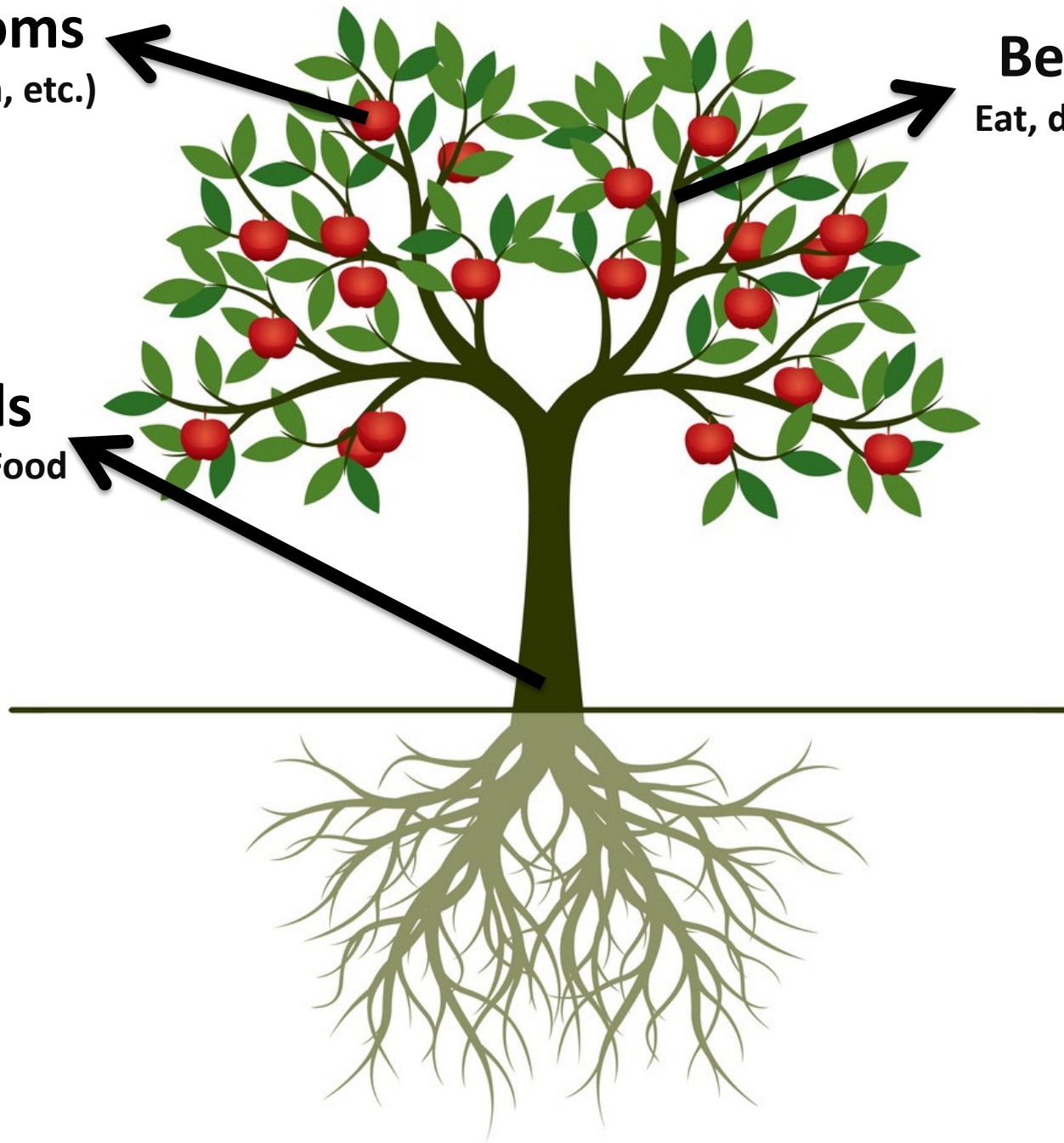
Needs



Symptoms
(Pain, cough, etc.)

Behaviors
Eat, drink, breathe..

Needs
O₂, H₂O, Food

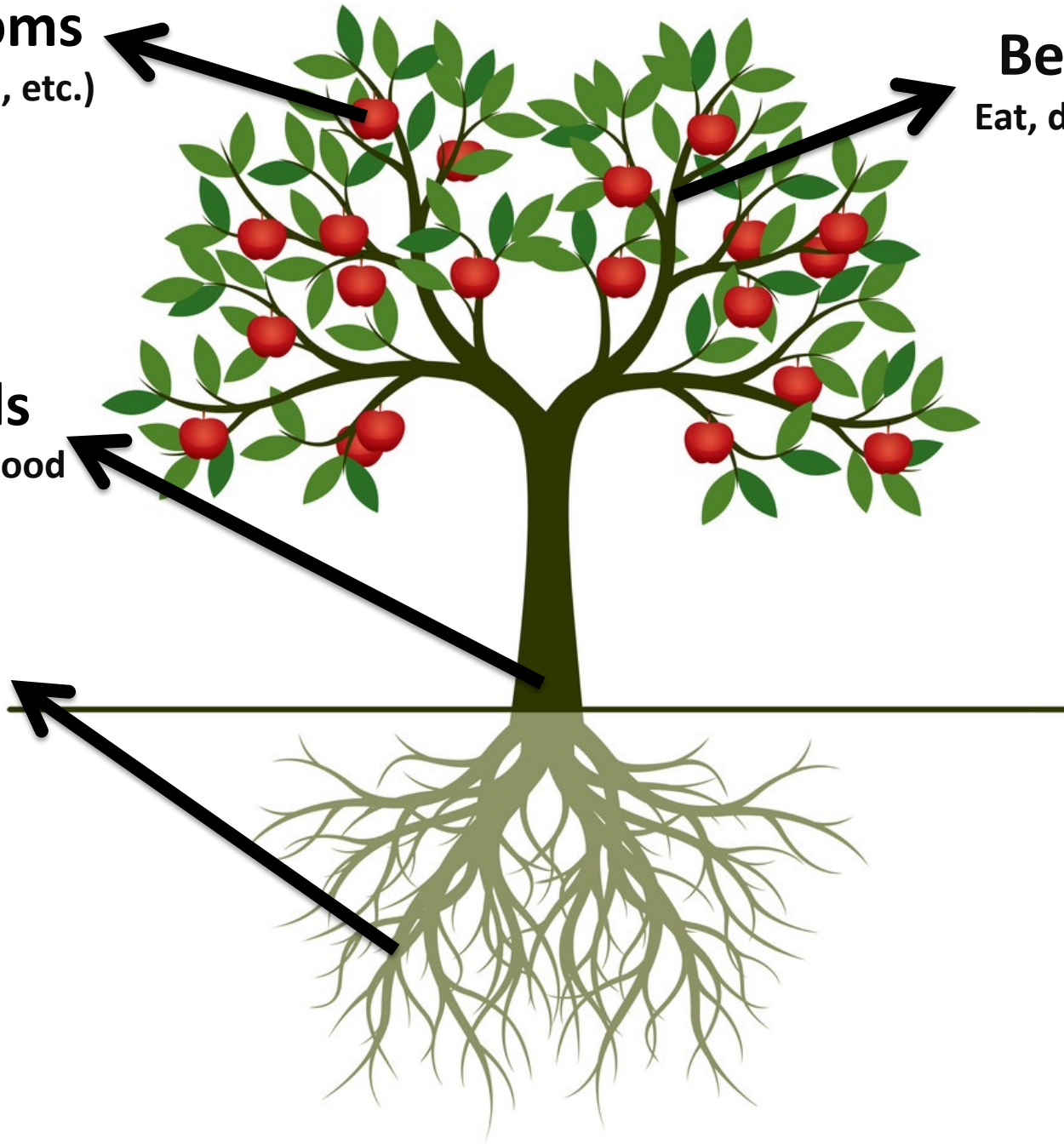


Symptoms
(Pain, cough, etc.)

Behaviors
Eat, drink, breathe..

Needs
O₂, H₂O, Food

Beliefs



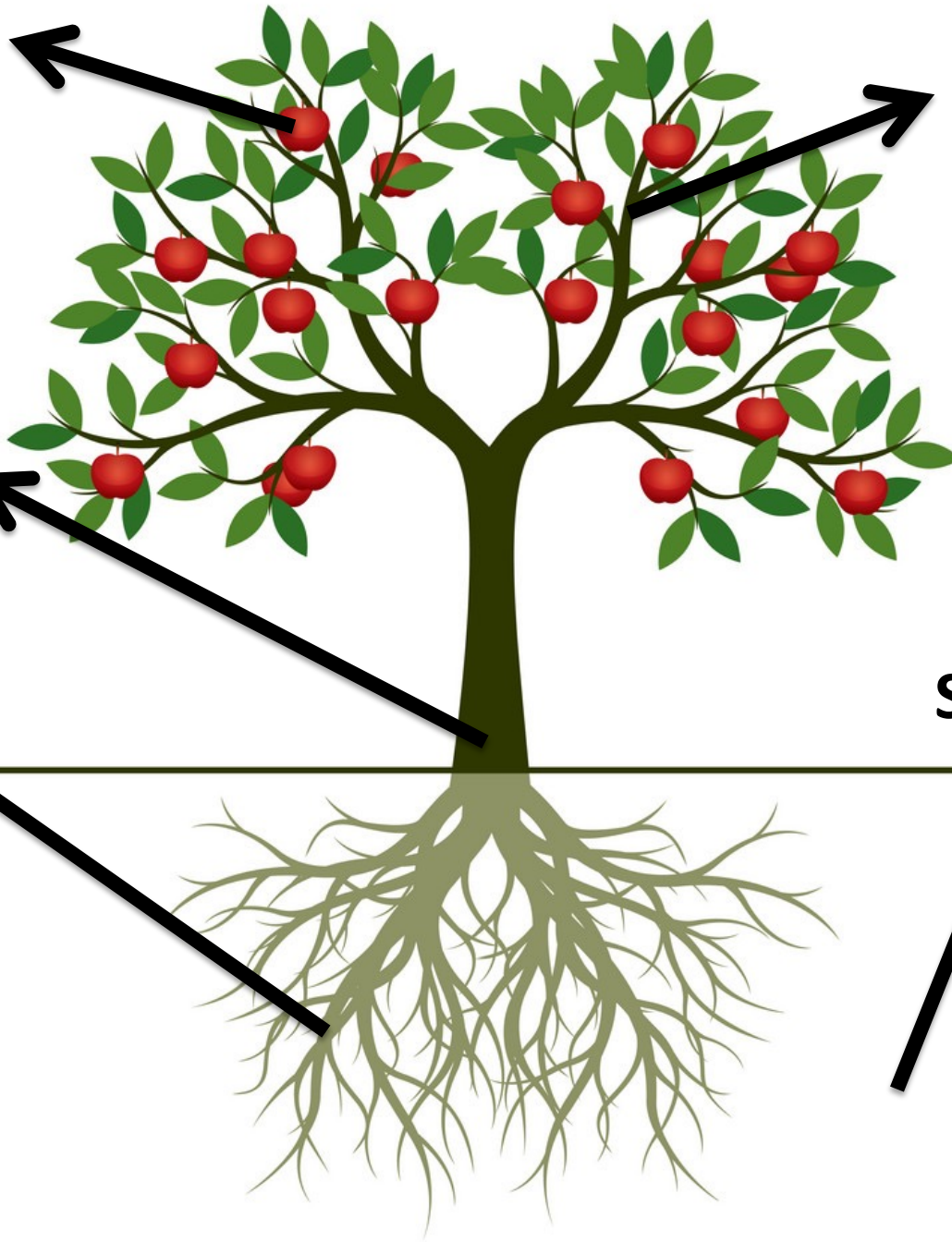
Symptoms
(Pain, cough, etc.)

Behaviors
Eat, drink, breathe..

Needs
O₂, H₂O, Food

Beliefs

Sources



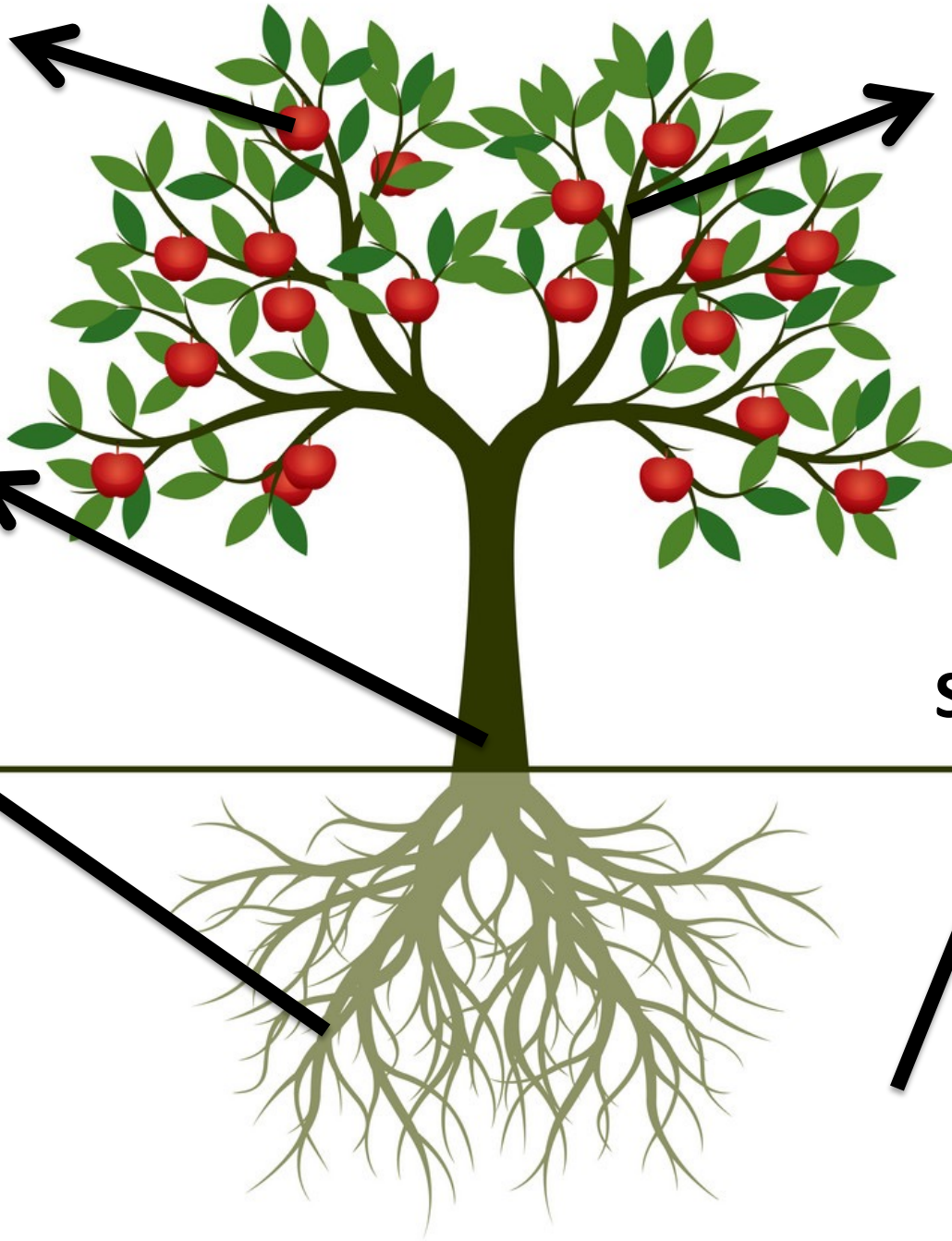
Symptoms
(Pain, cough, etc.)

Behaviors
Eat, drink, breathe..

Needs
O₂, H₂O, Food

Beliefs

Sources



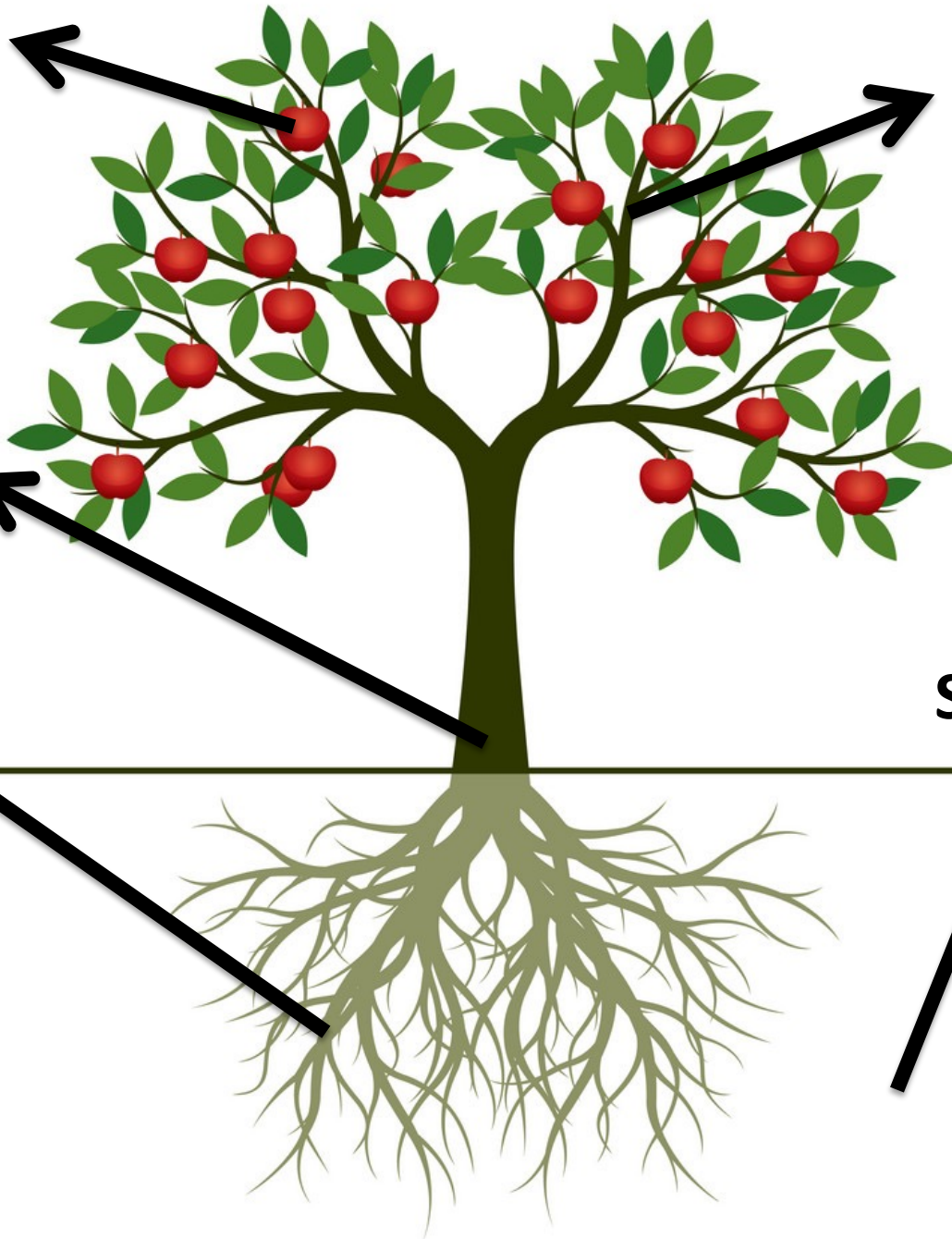
Symptoms
(Pain, cough, etc.)

Behaviors
Eat, drink, breathe..

Needs
O₂, H₂O, Food
LOVE

Beliefs

Sources



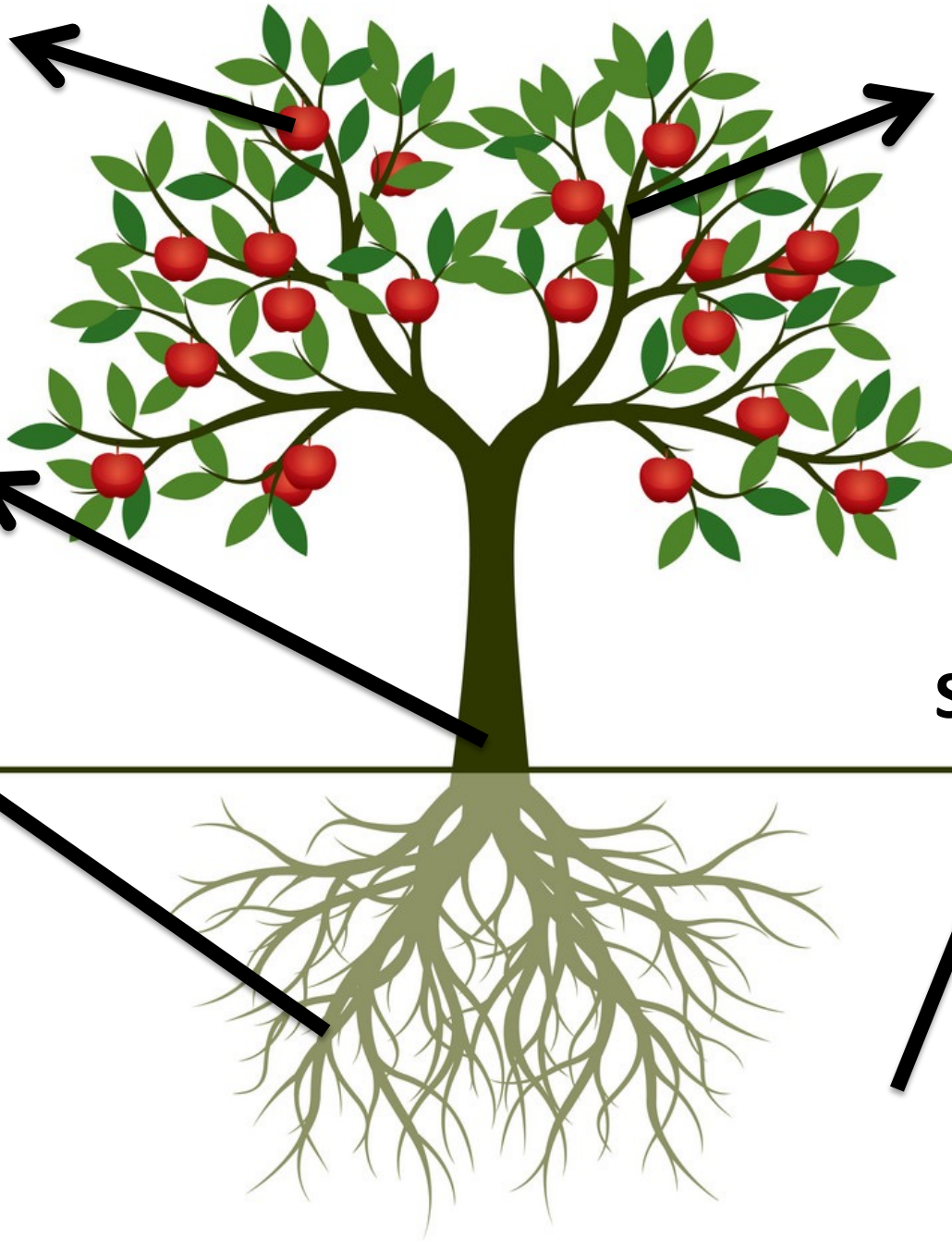
Symptoms
(Pain, cough, etc.)

Behaviors
Eat, drink, breathe..
Think

Needs
O₂, H₂O, Food
LOVE

Beliefs

Sources



Law of Function

- Everything that functions is governed by unchangeable laws.



Law of Function

- Everything that functions is governed by unchangeable laws.
- Blood Sodium = 135-145mEq/dL



Law of Function

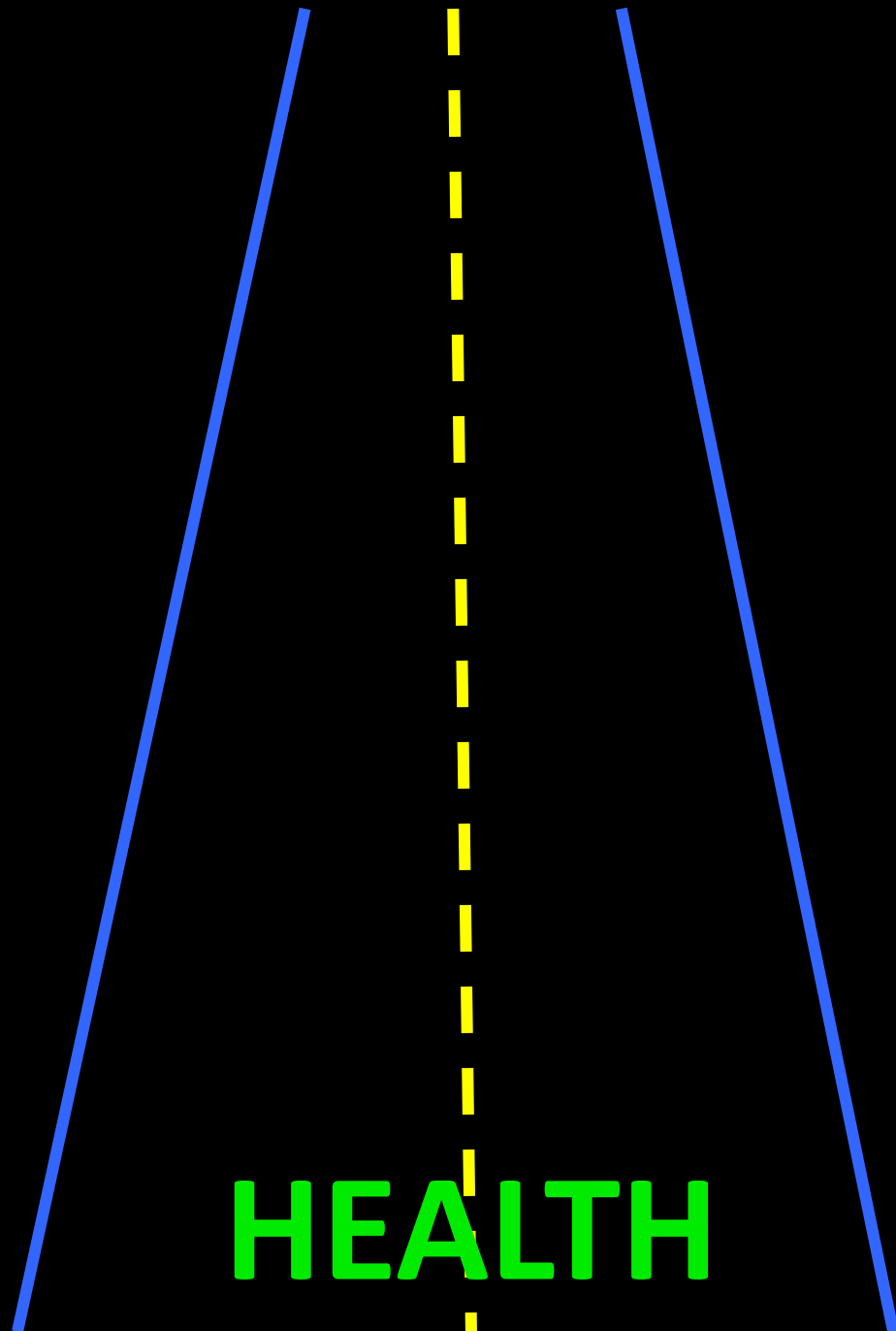
- Everything that functions is governed by unchangeable laws.
- Blood Sodium = 135-145mEq/dL
- Blood pH = 7.35-7.45



Law of Function

- Everything that functions is governed by unchangeable laws.
- Blood Sodium = 135-145mEq/dL
- Blood pH = 7.35-7.45
- Temperature = 98.6°F/37°C



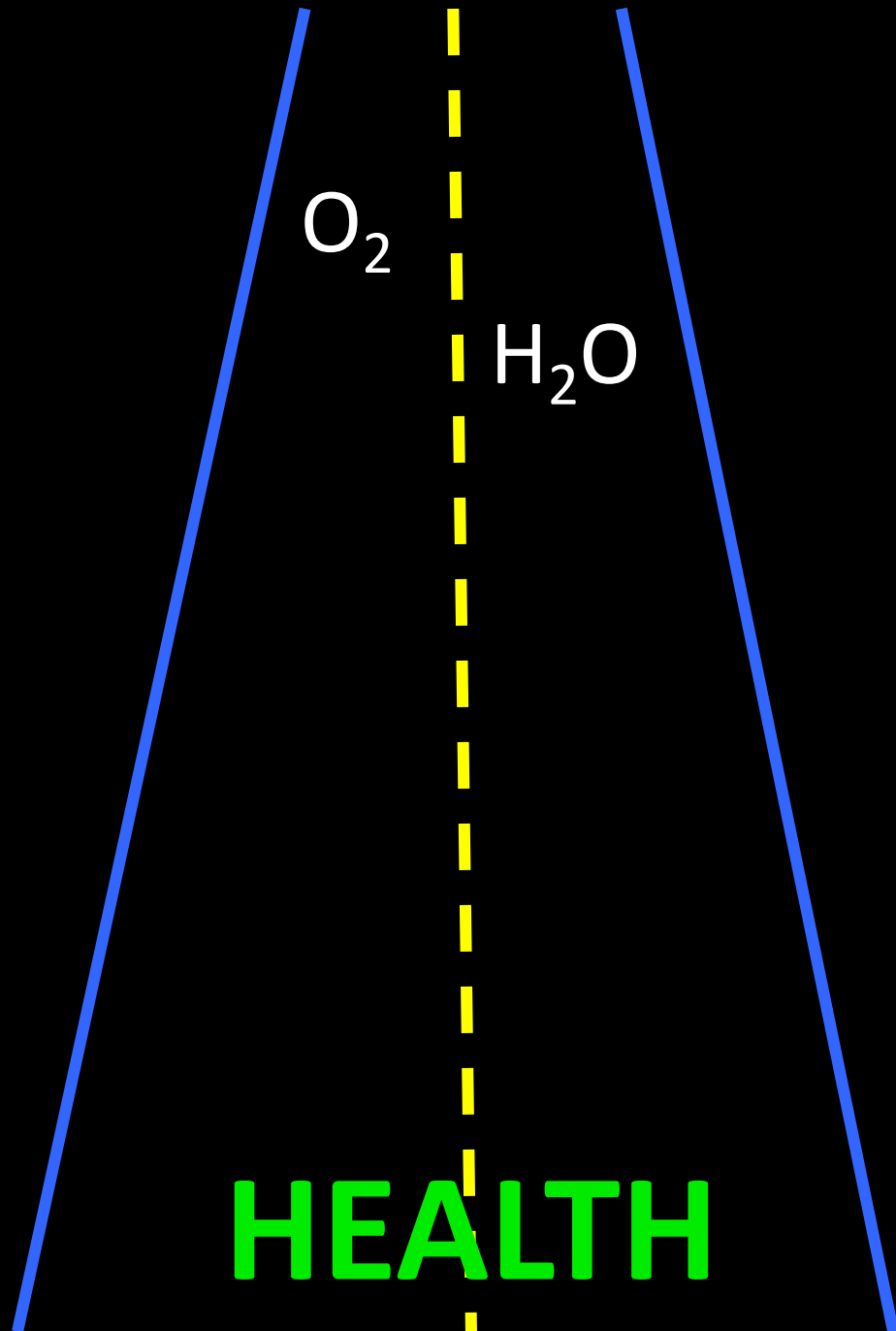


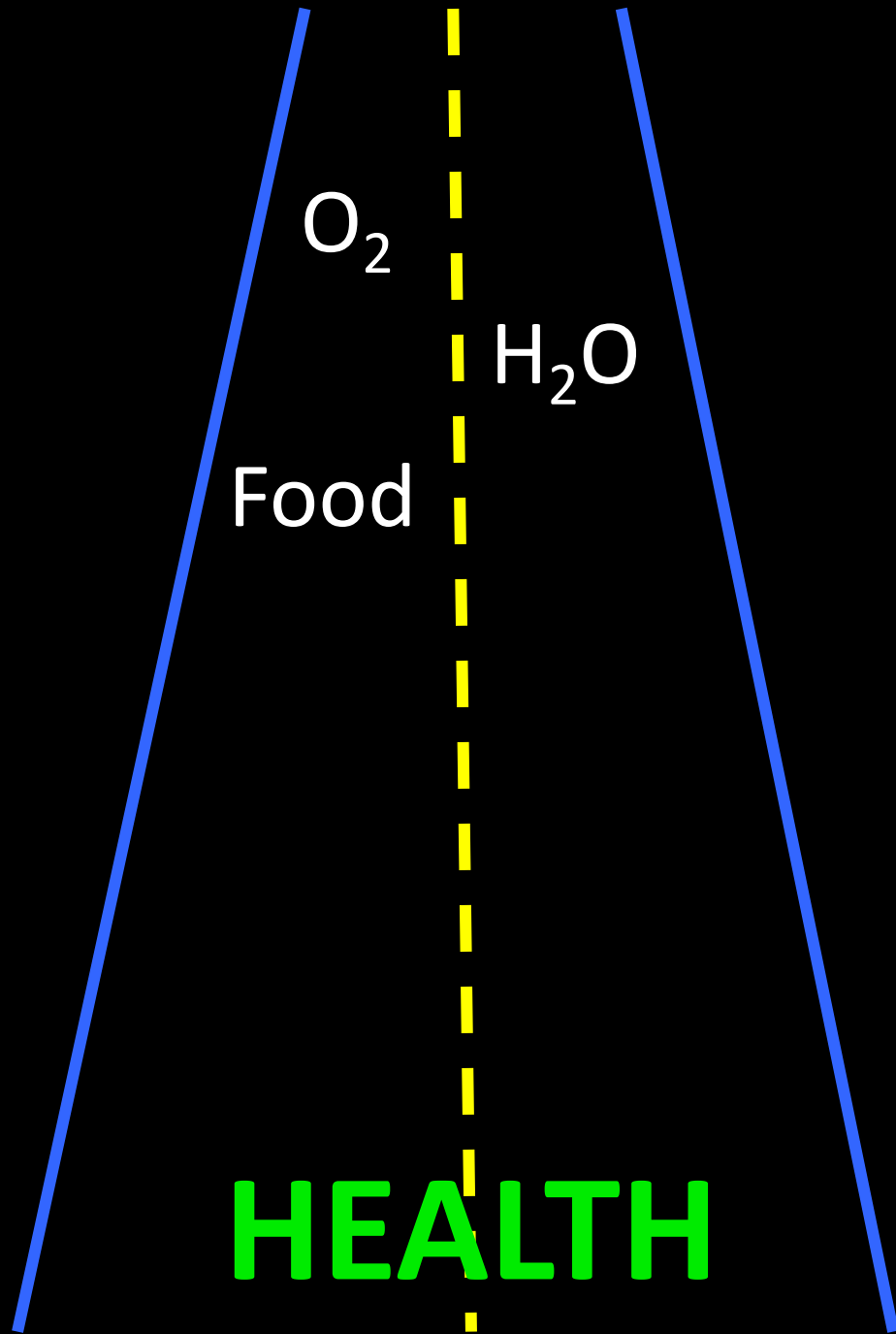


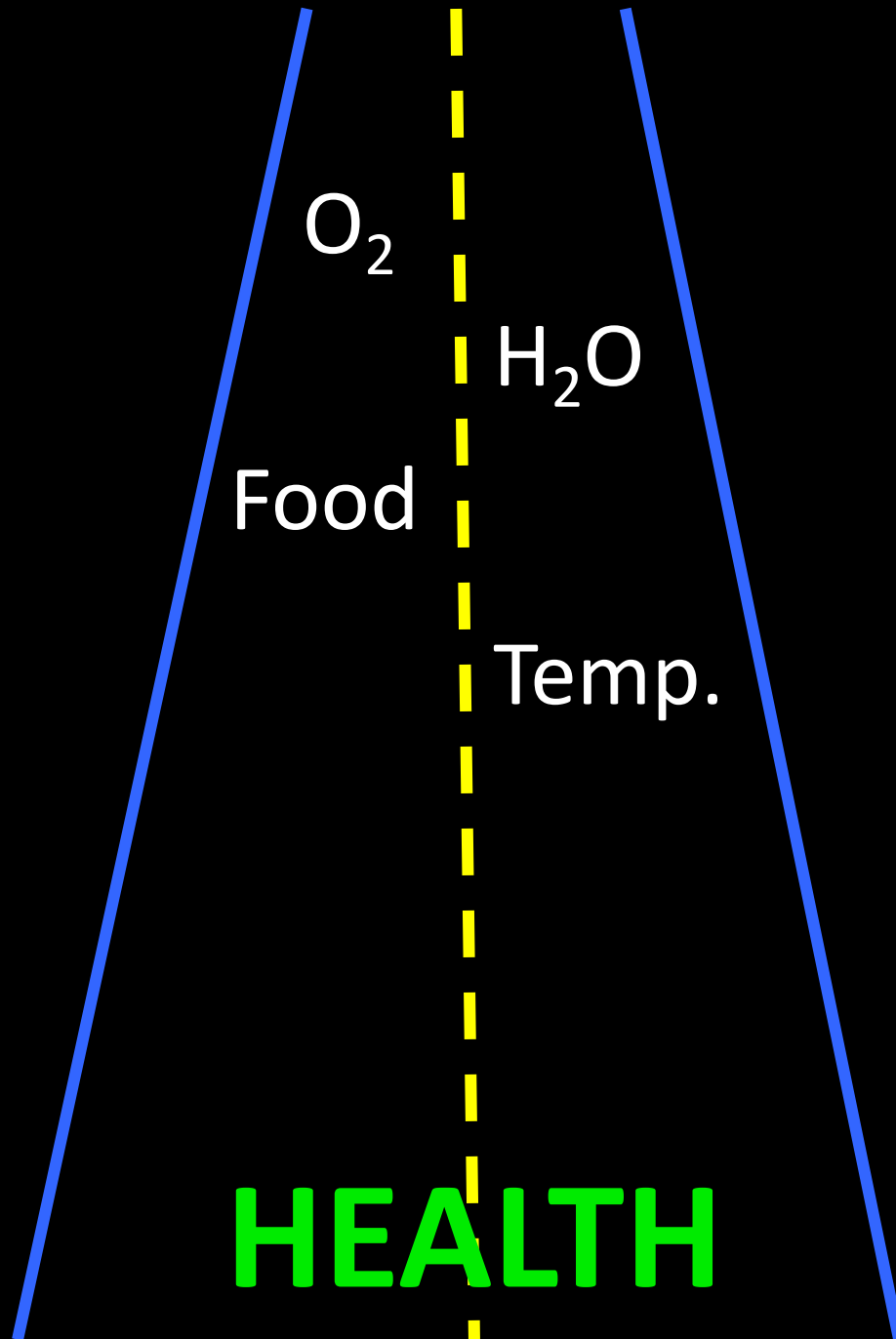
A diagram consisting of a large triangle formed by two solid blue lines meeting at a point at the top. A dashed yellow vertical line runs from the top vertex down to the base. The label O_2 is positioned to the left of the dashed line in the upper half of the triangle. The word HEALTH is written in large green capital letters across the base of the triangle. The number 15 is located at the bottom left corner of the image.

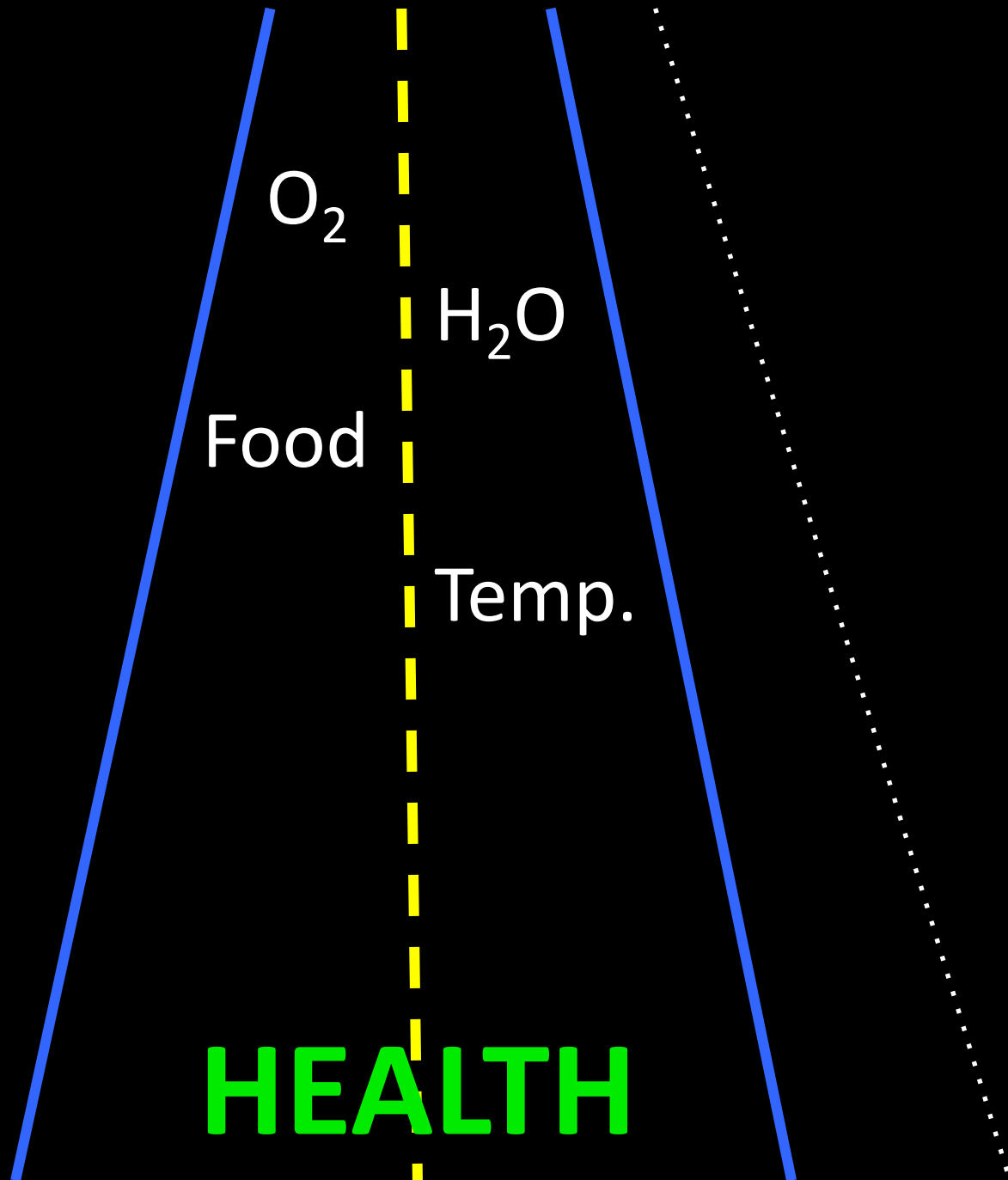
O_2

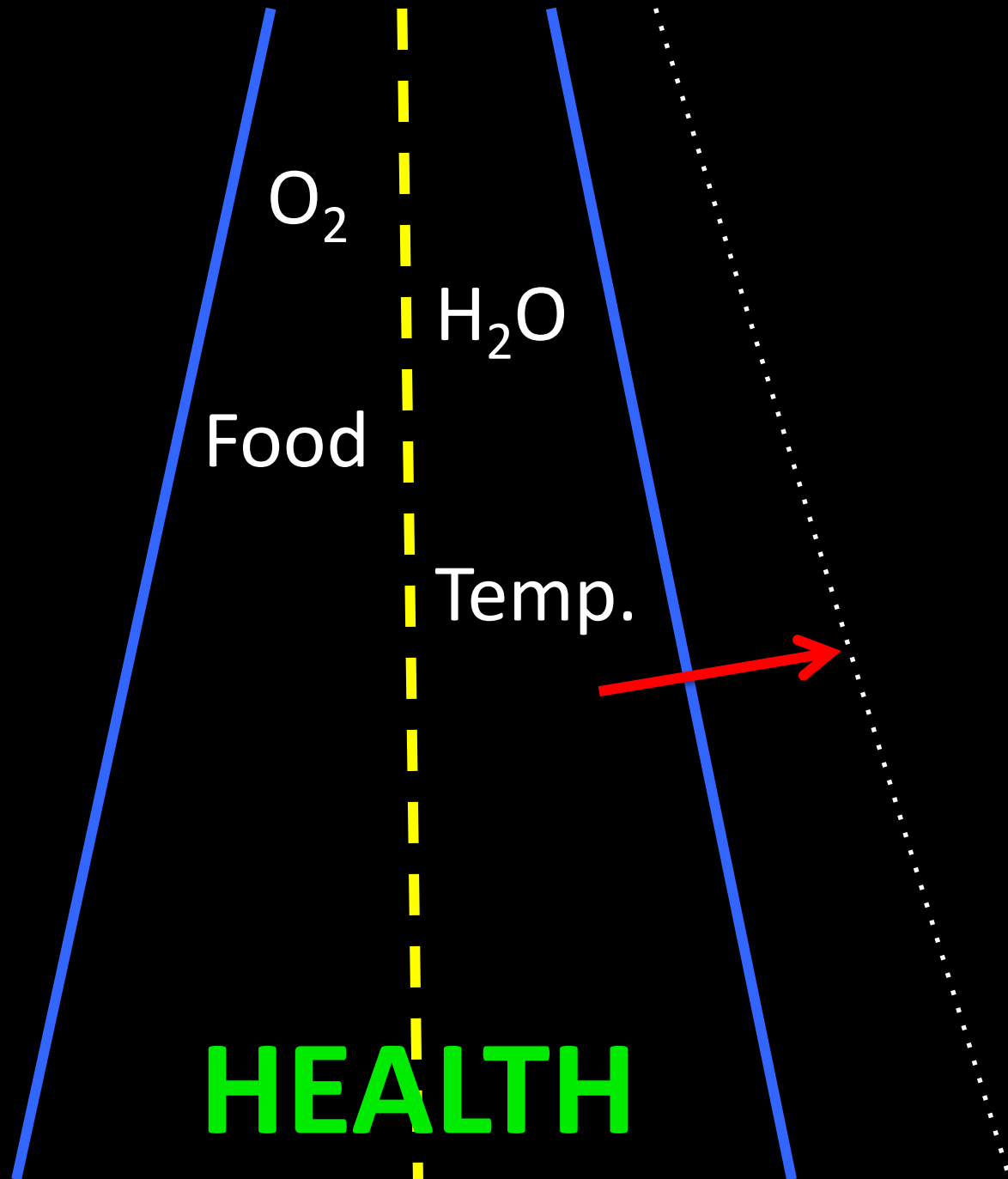
HEALTH

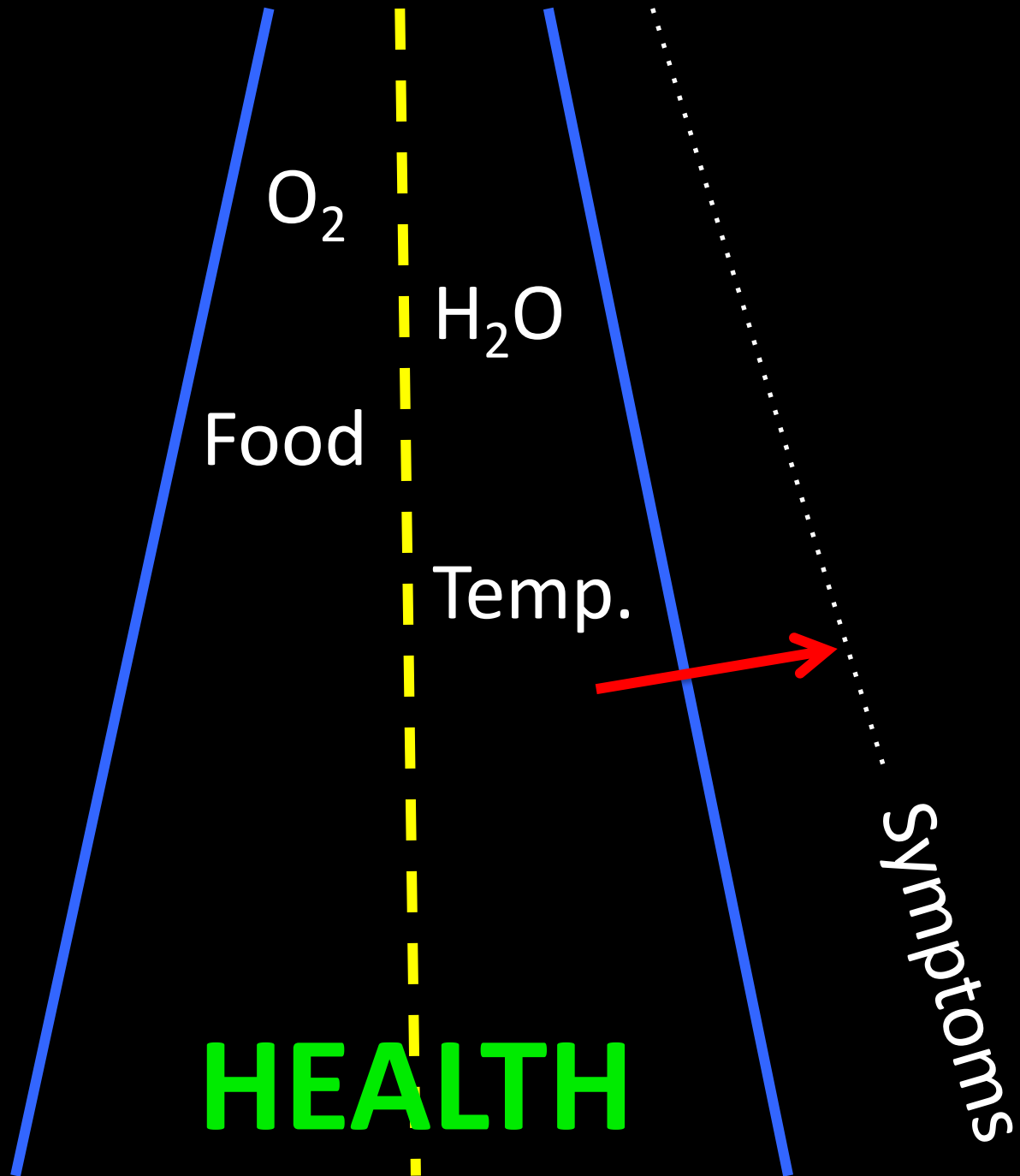


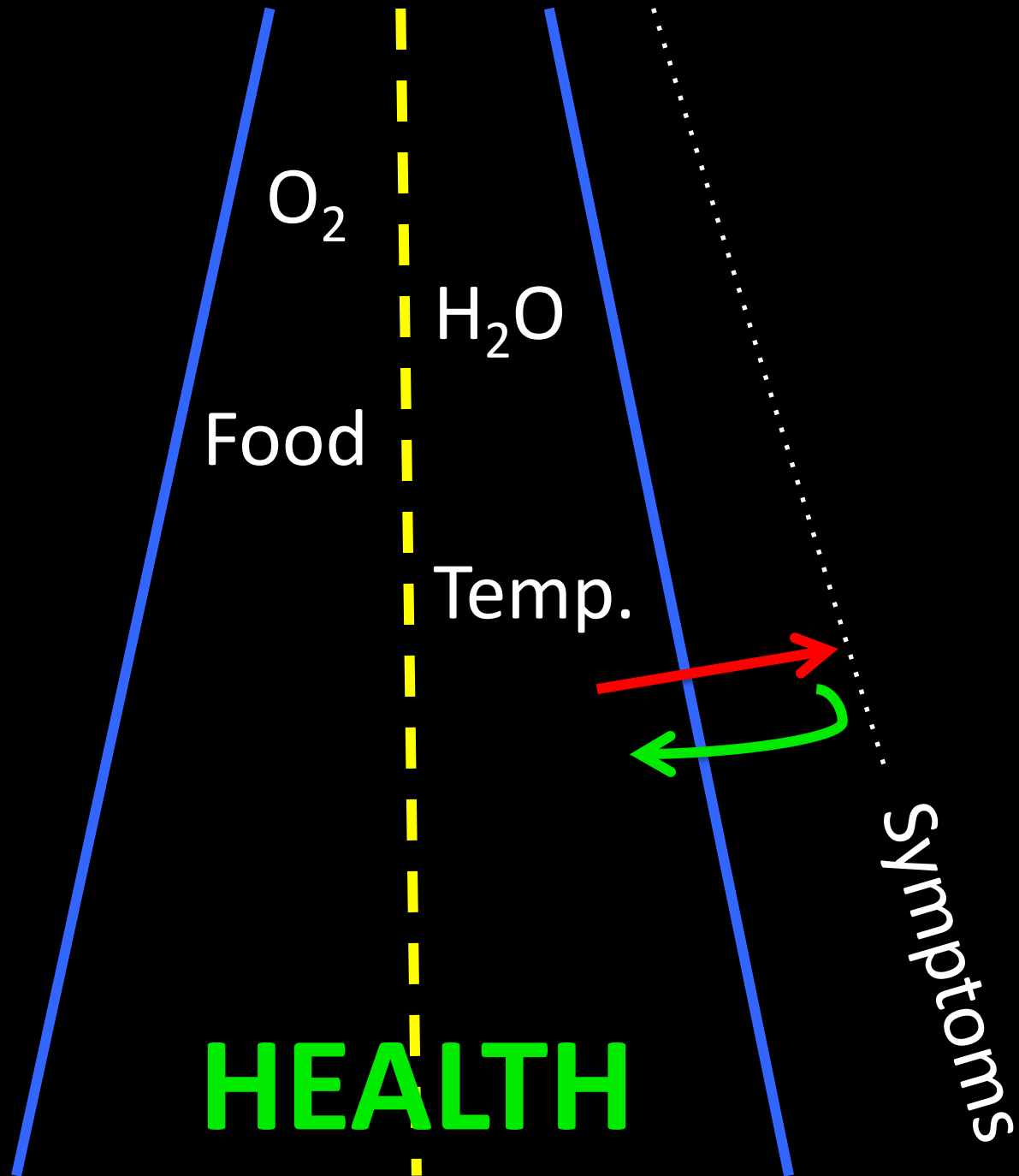


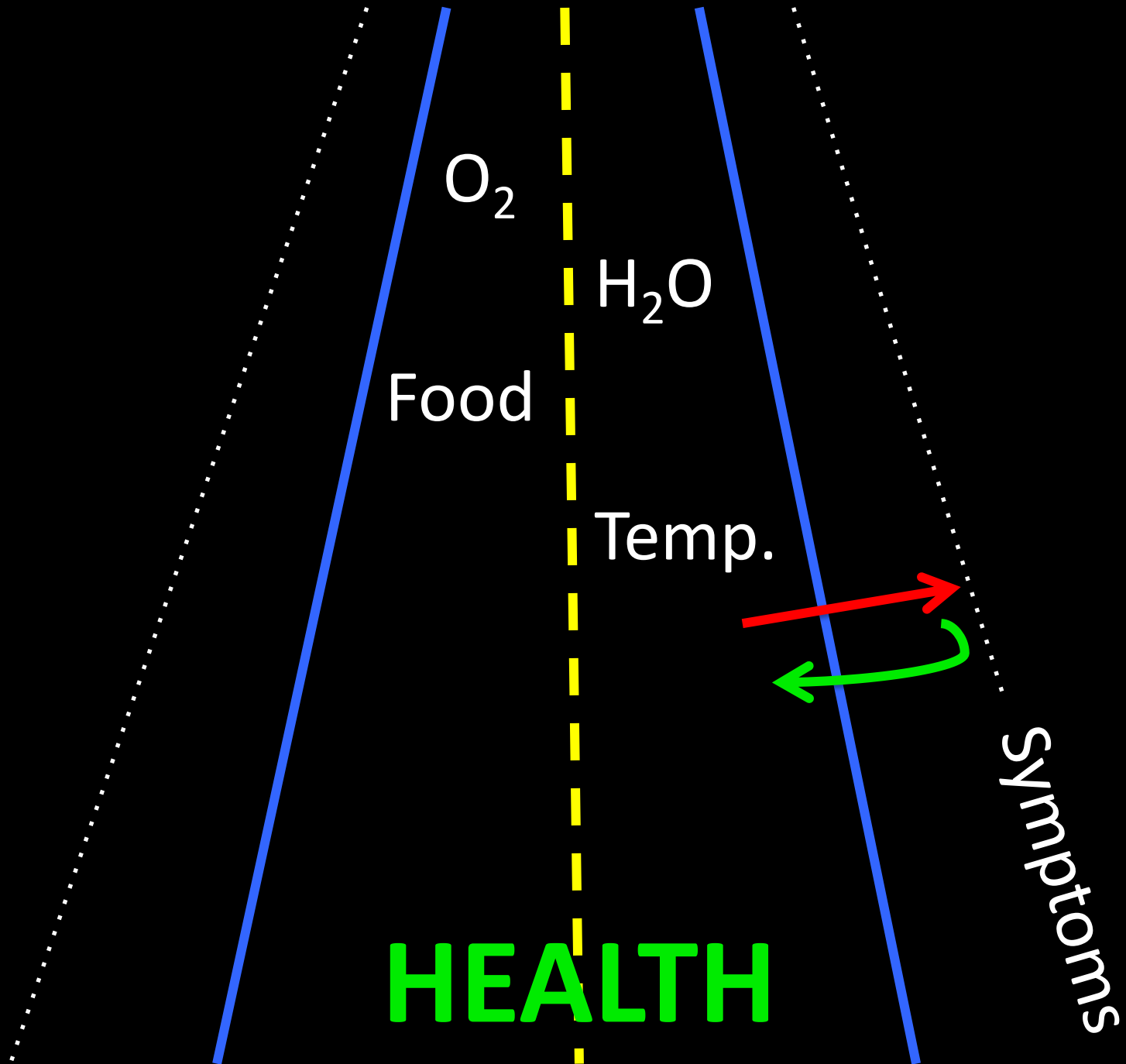


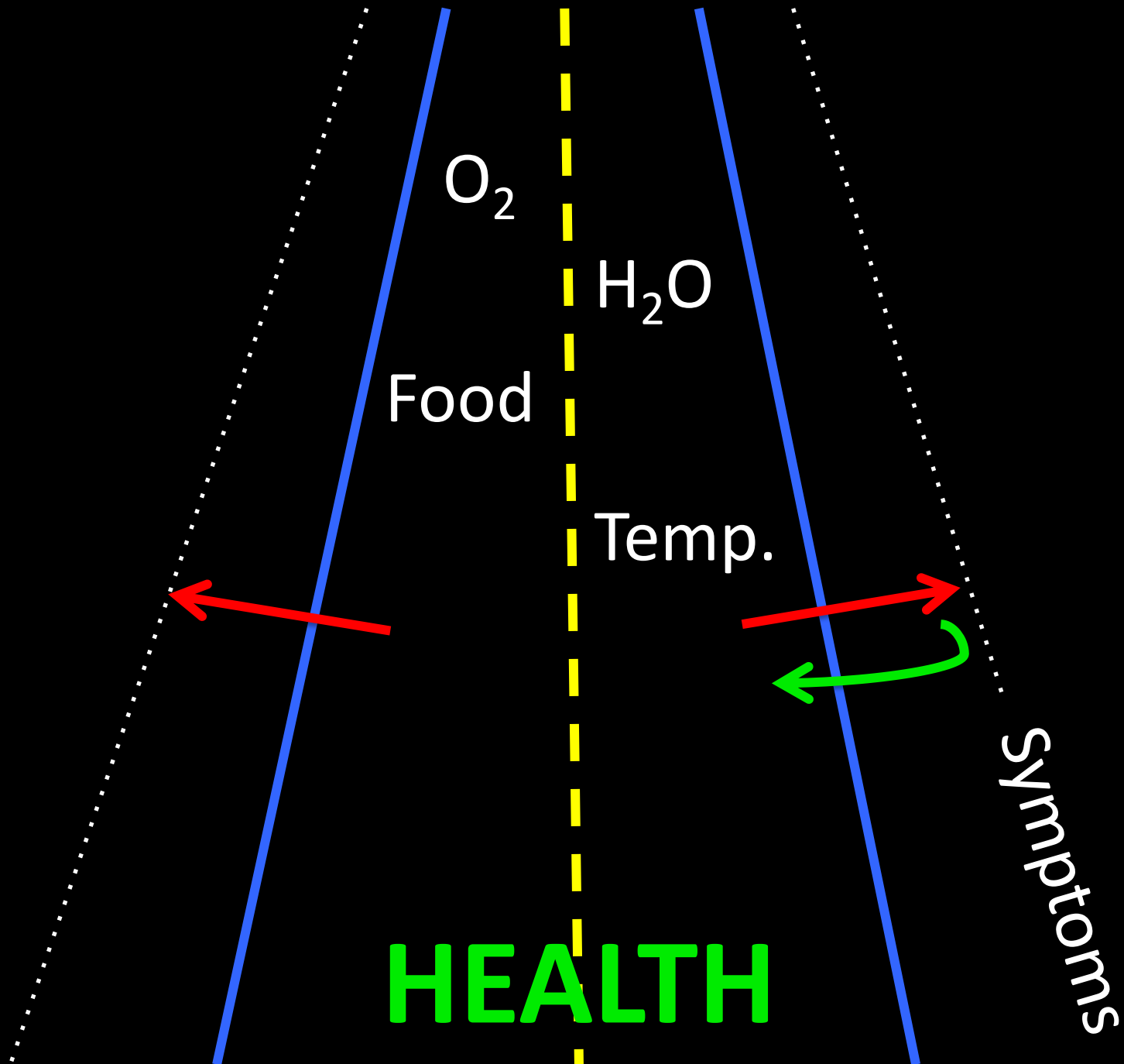


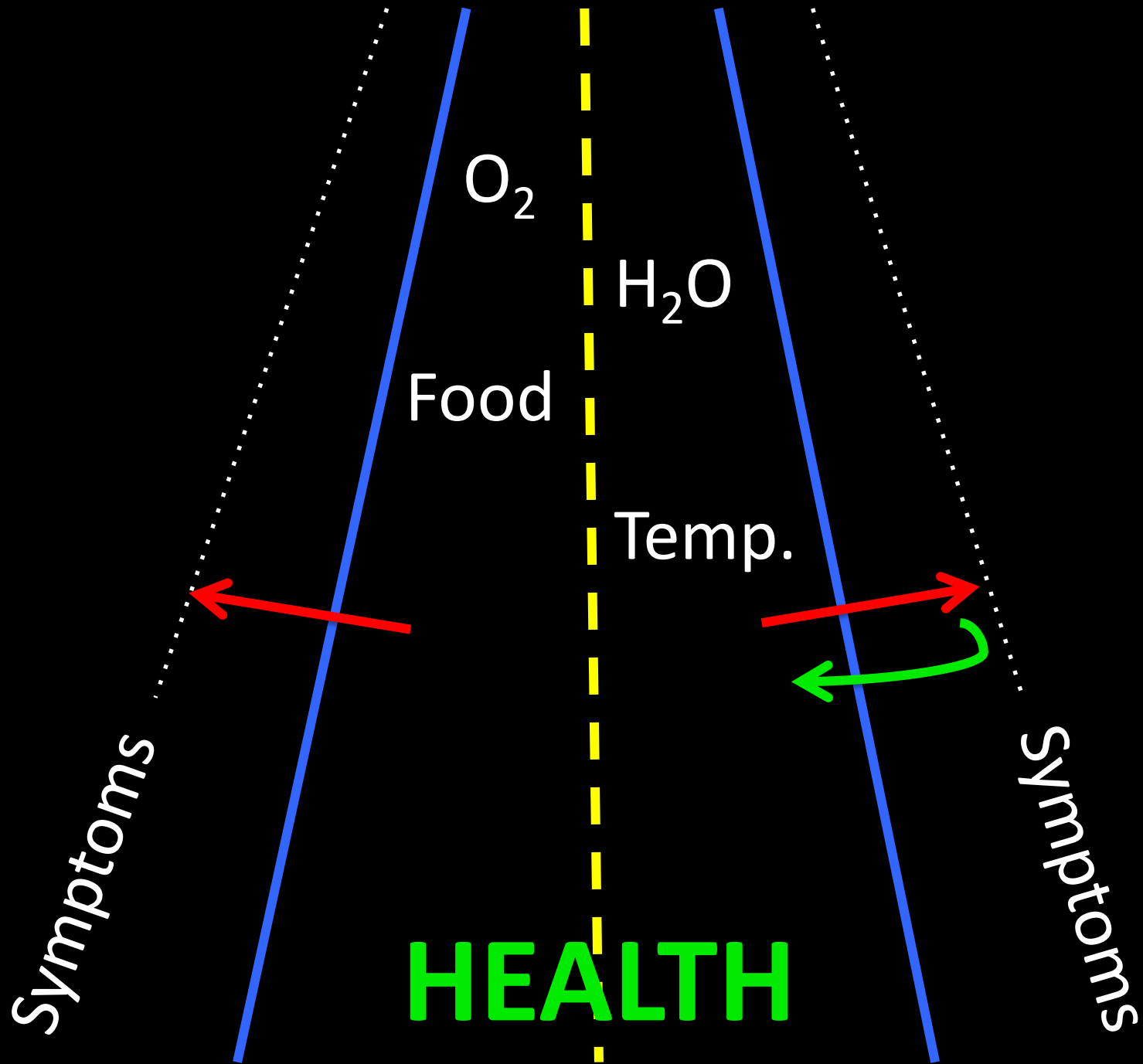


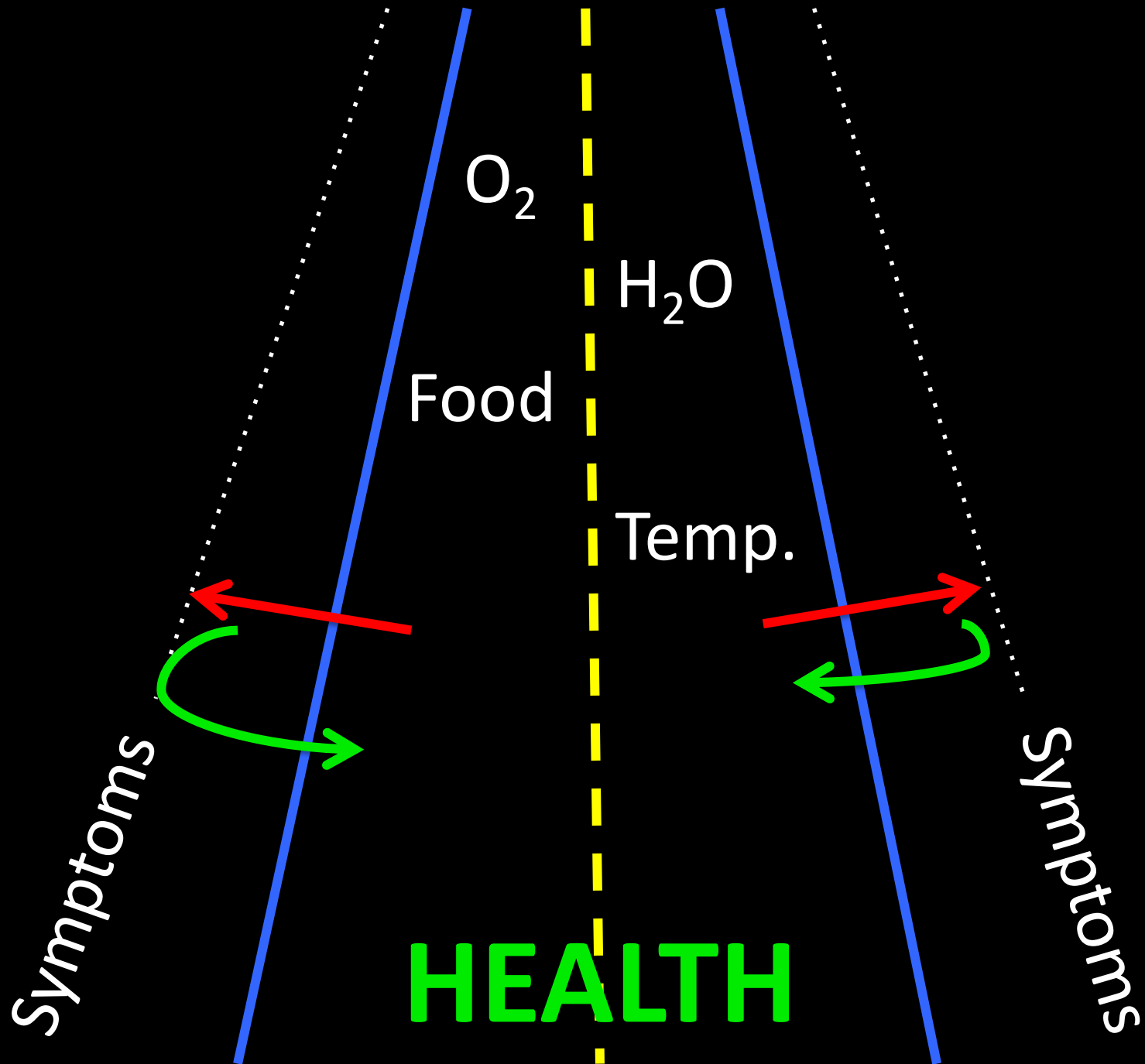


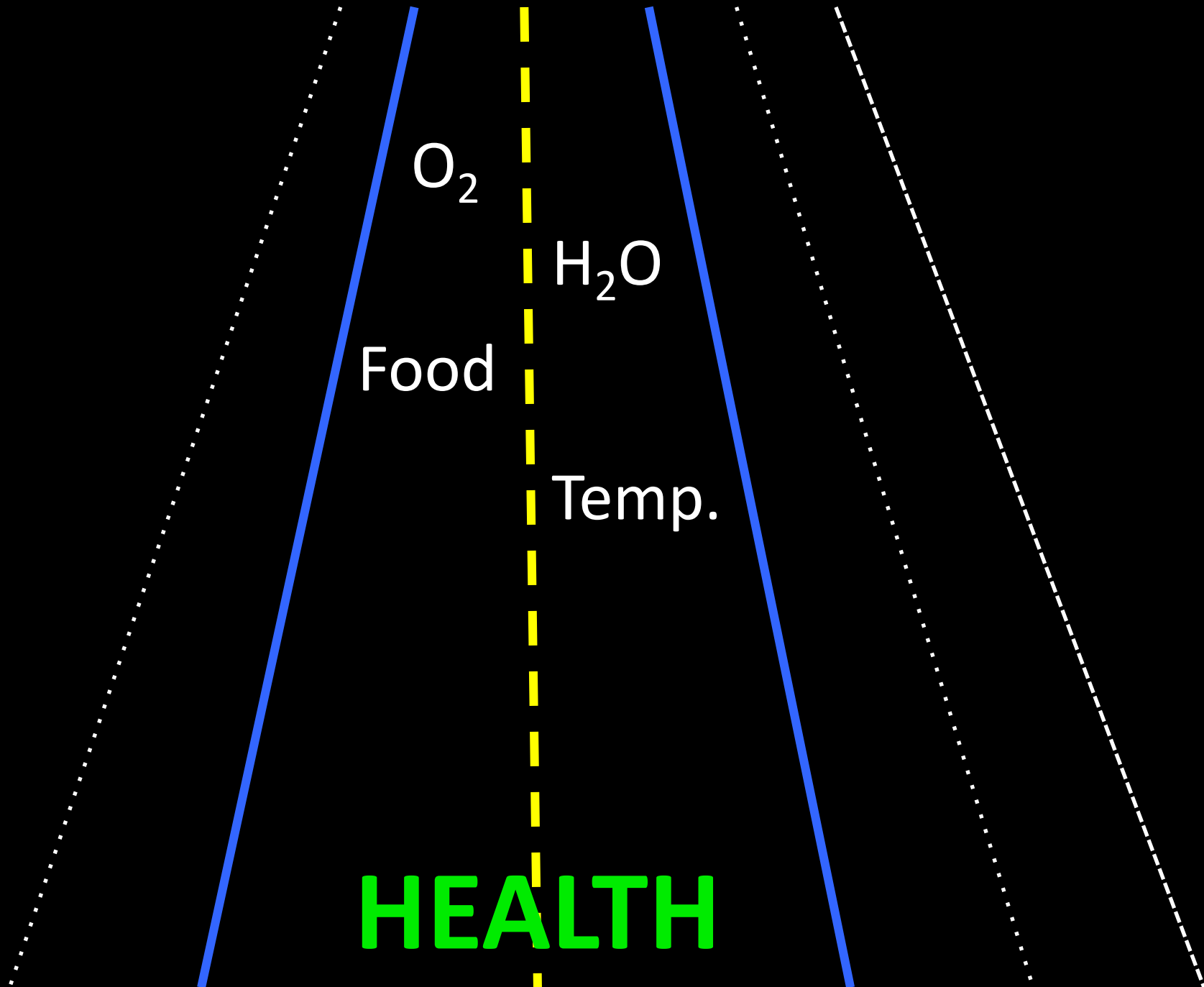


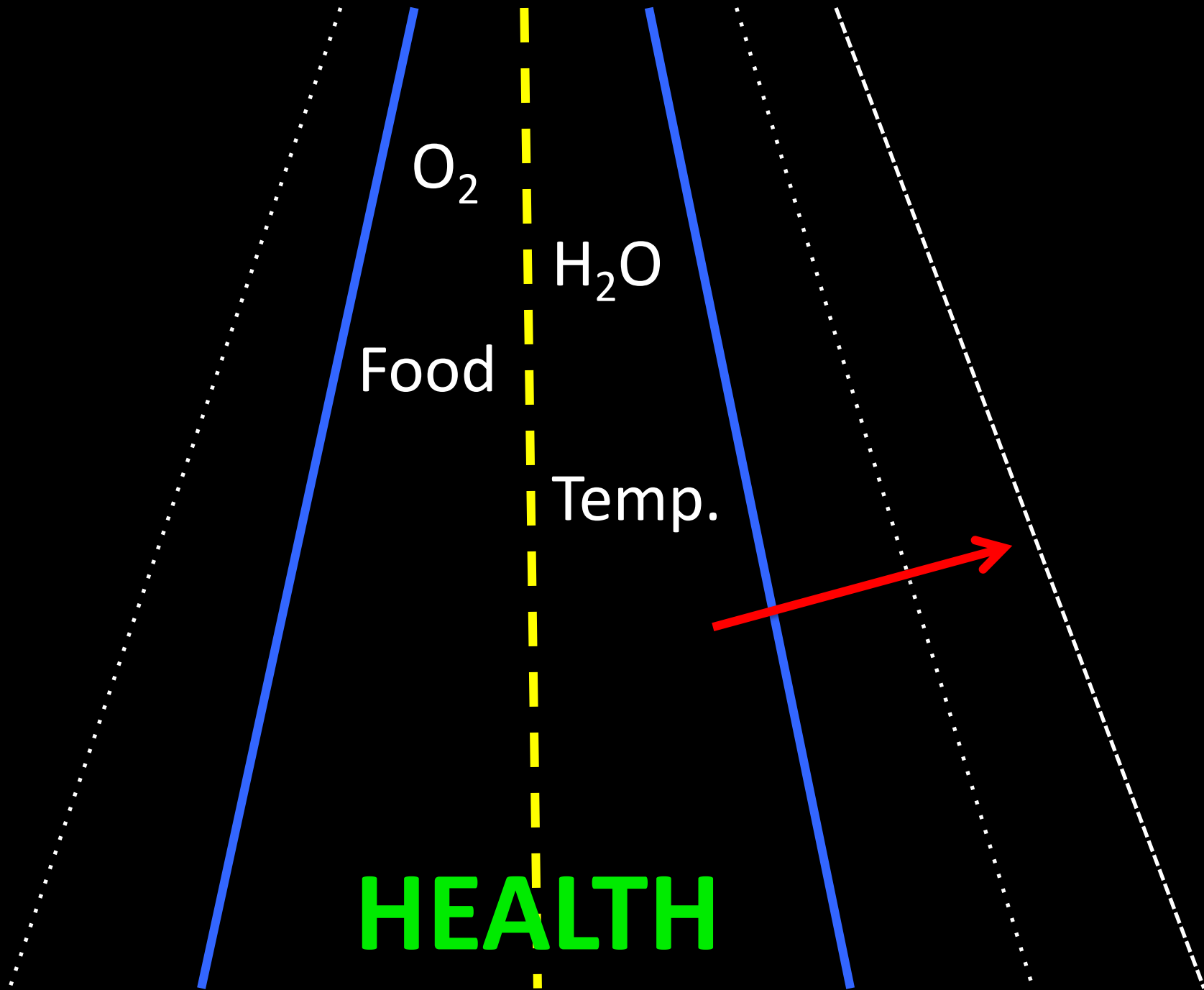


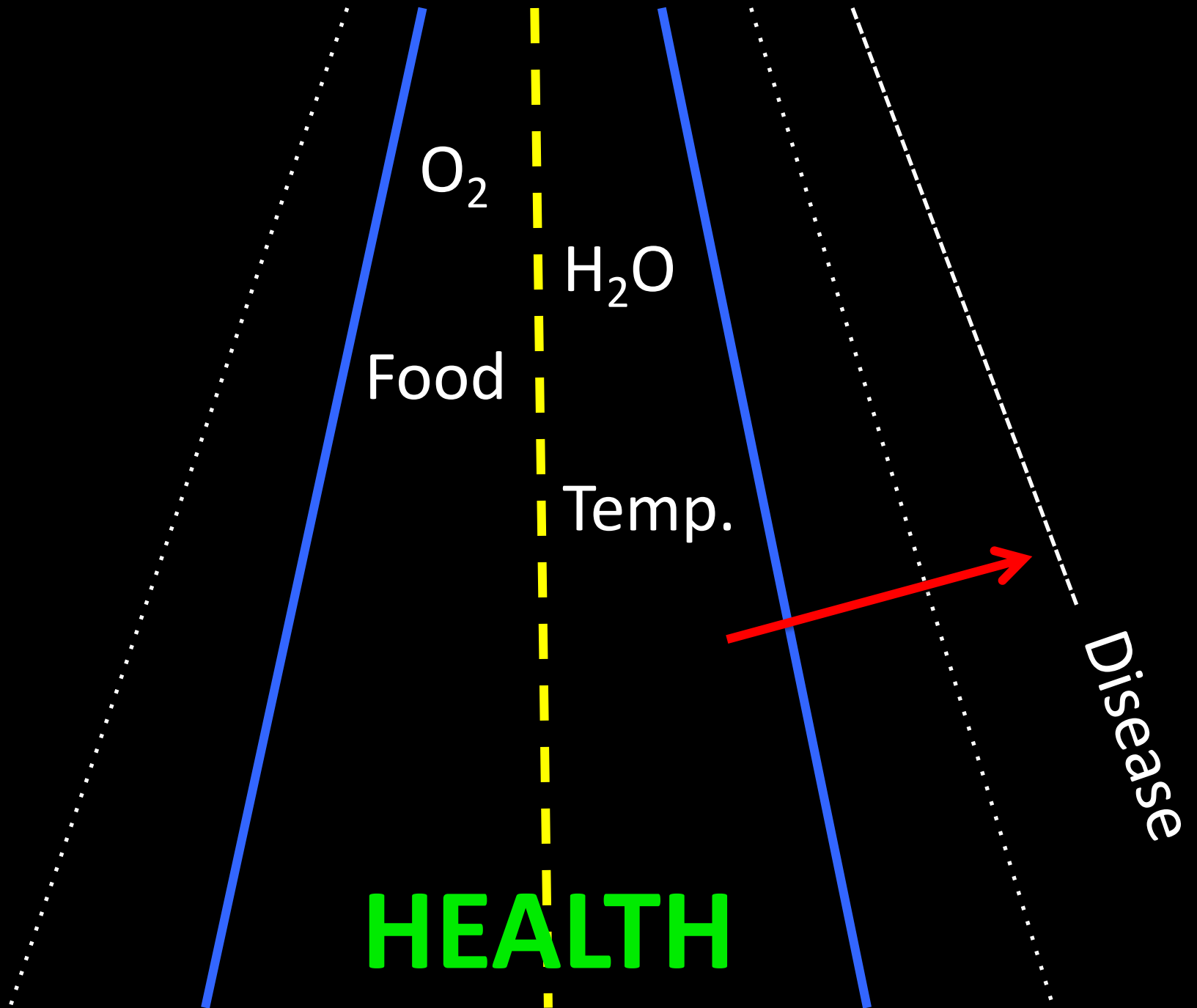


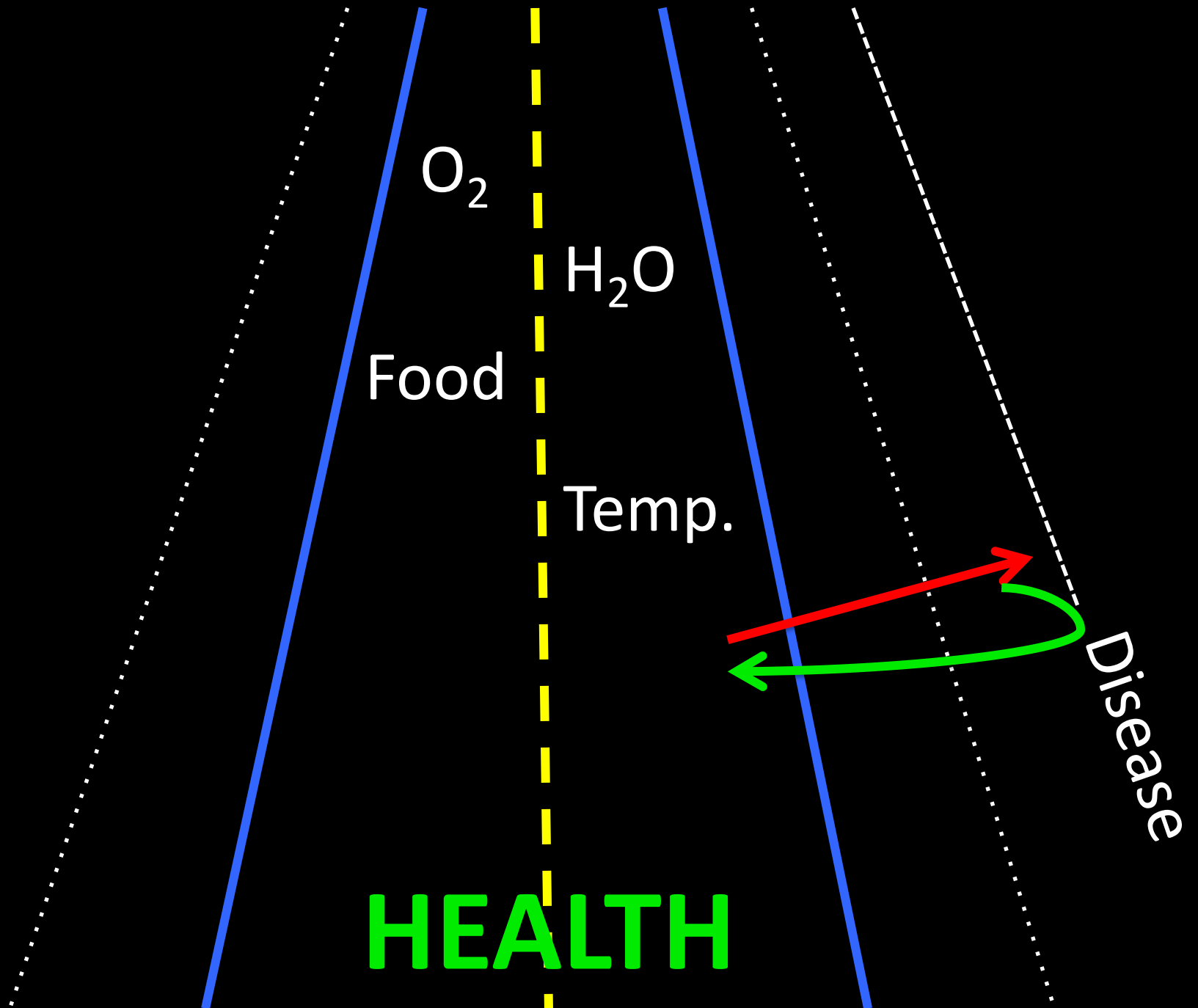


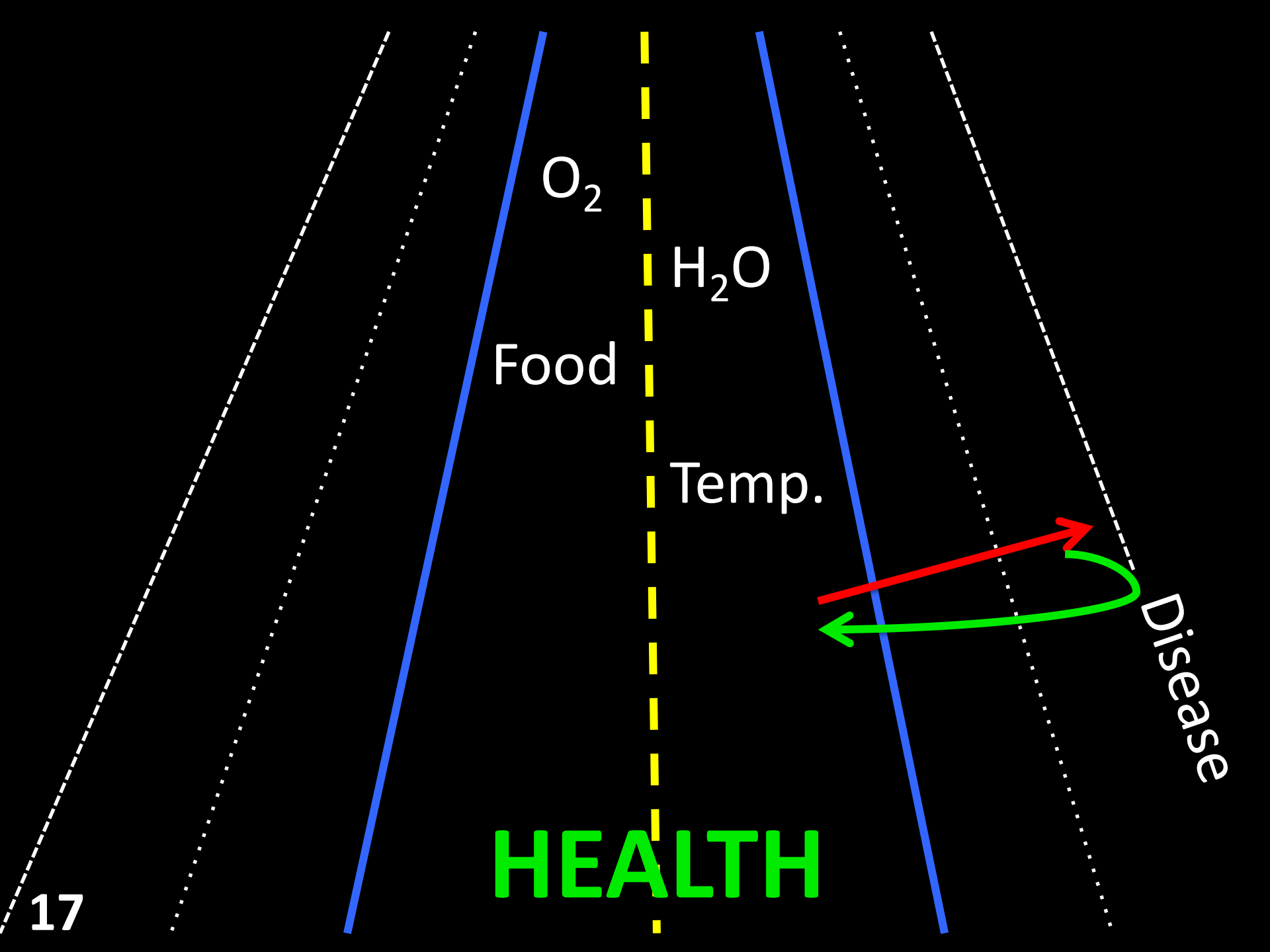


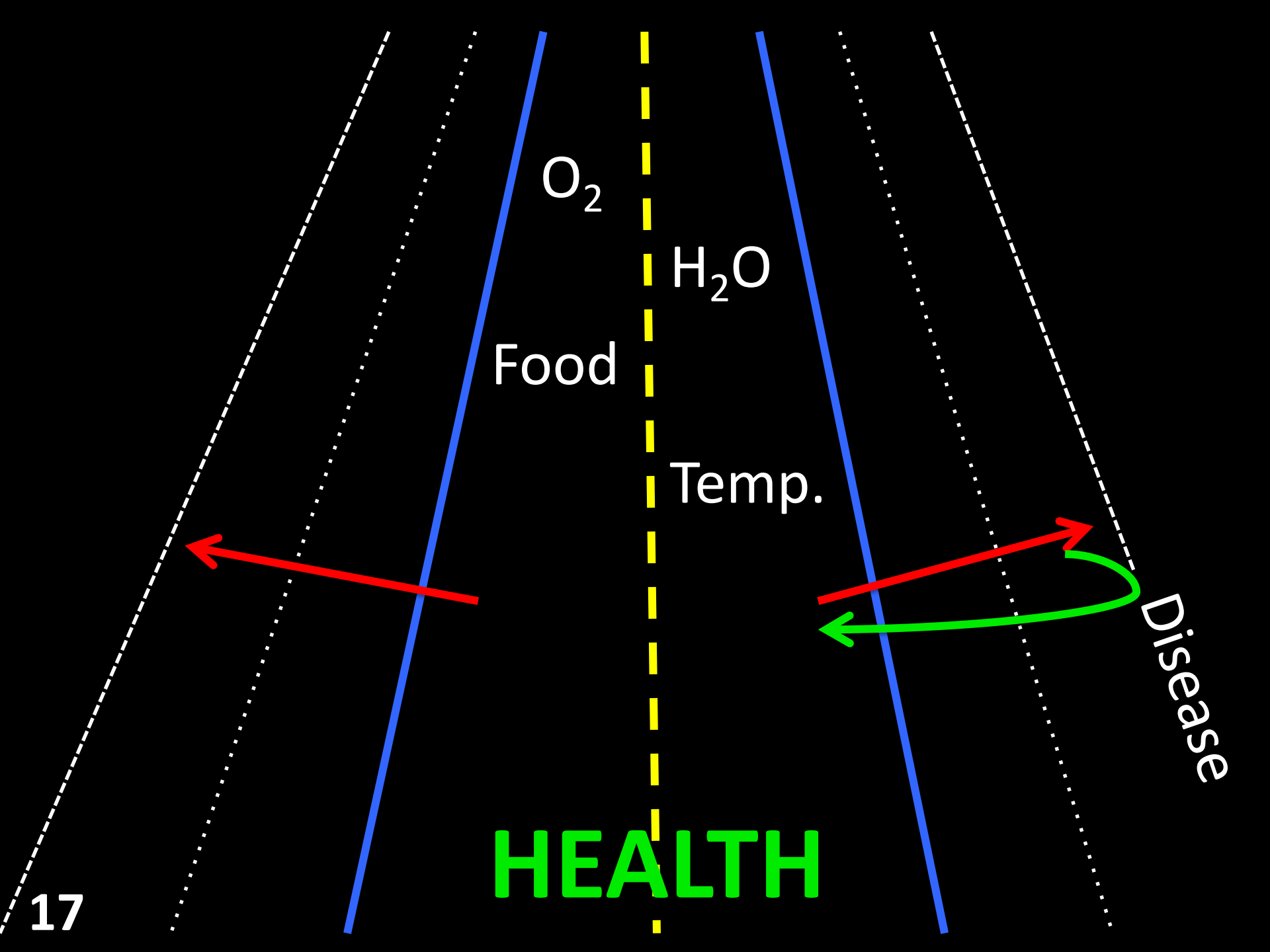












Disease

HEALTH

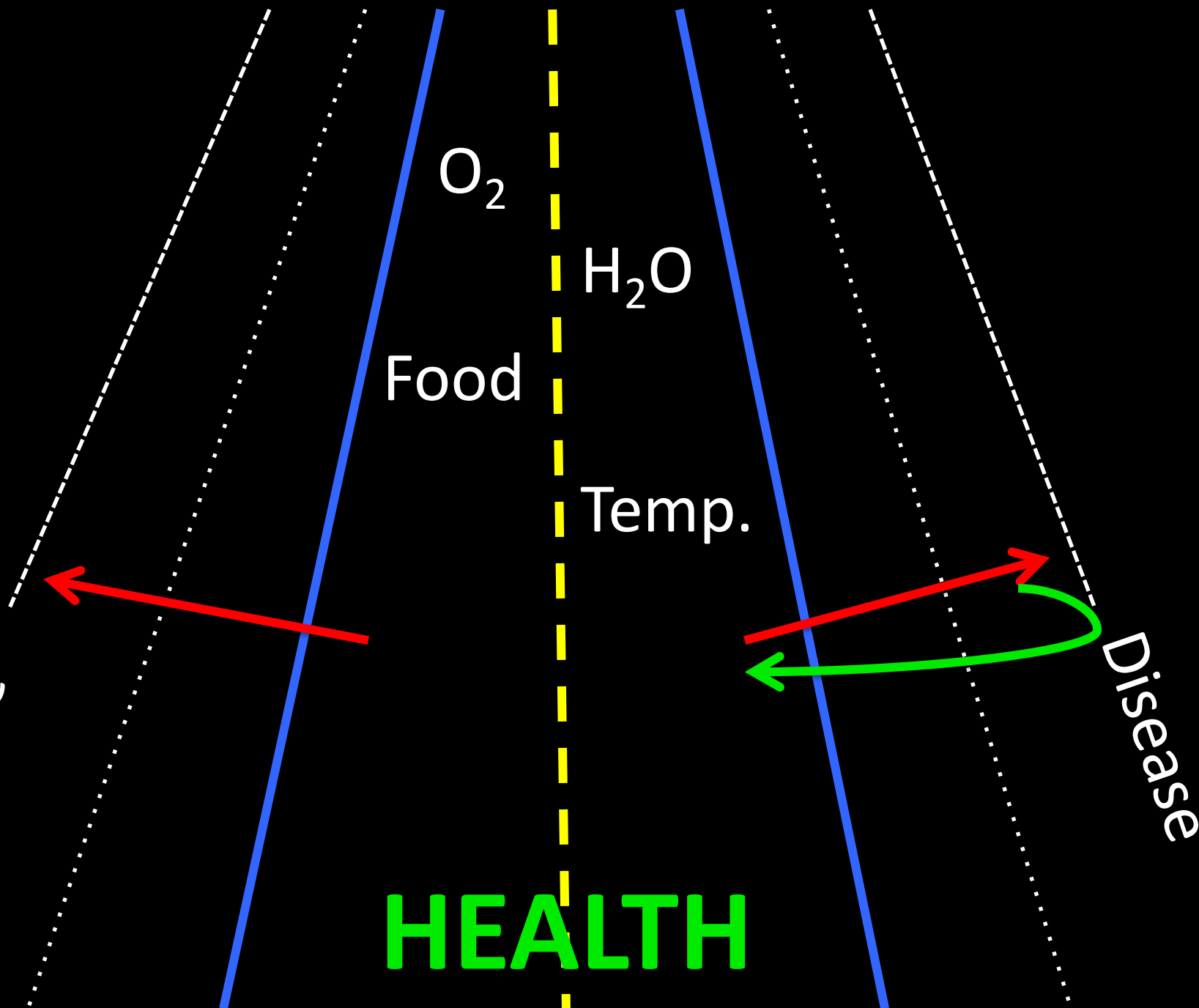
Food

O_2

H_2O

Temp.

Disease

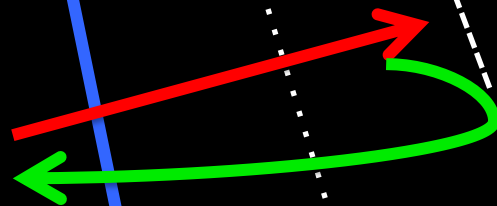
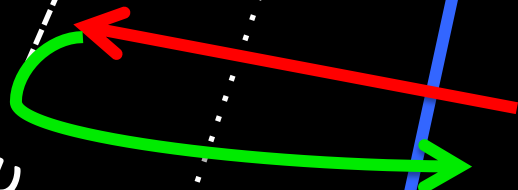


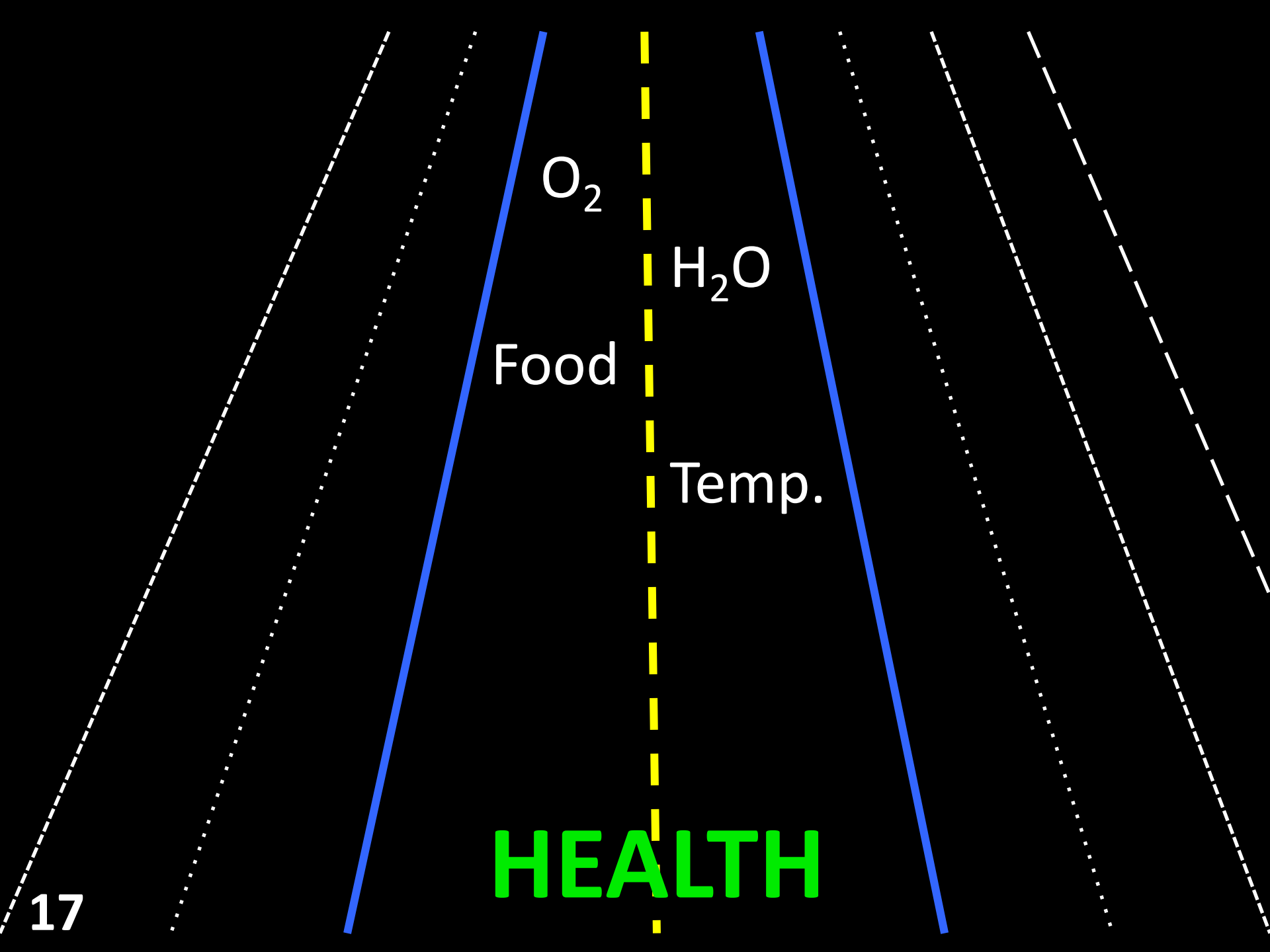
*Disease***HEALTH**

Food

 O_2 H_2O

Temp.

Disease



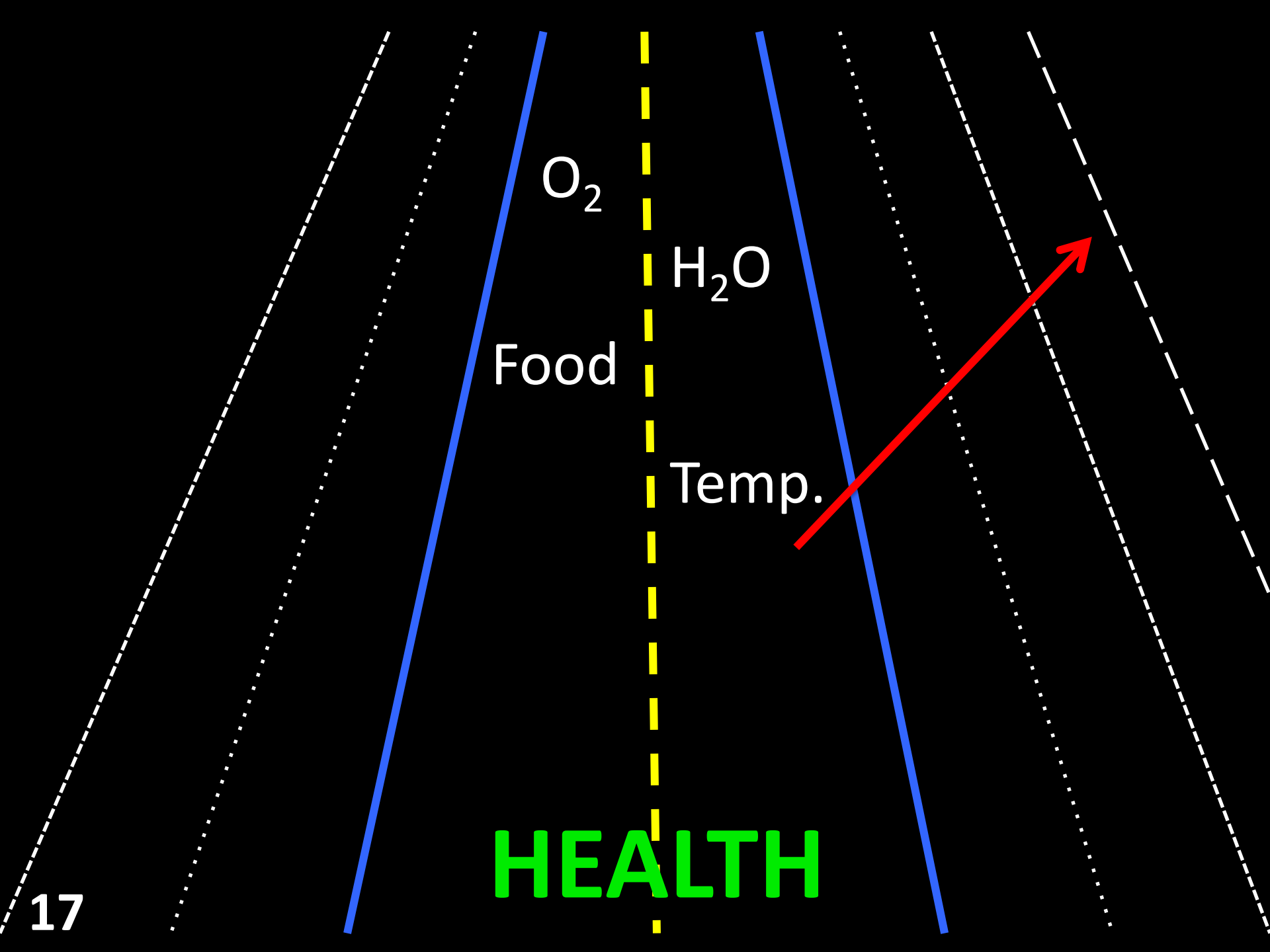
O_2

H_2O

Food

Temp.

HEALTH



O_2

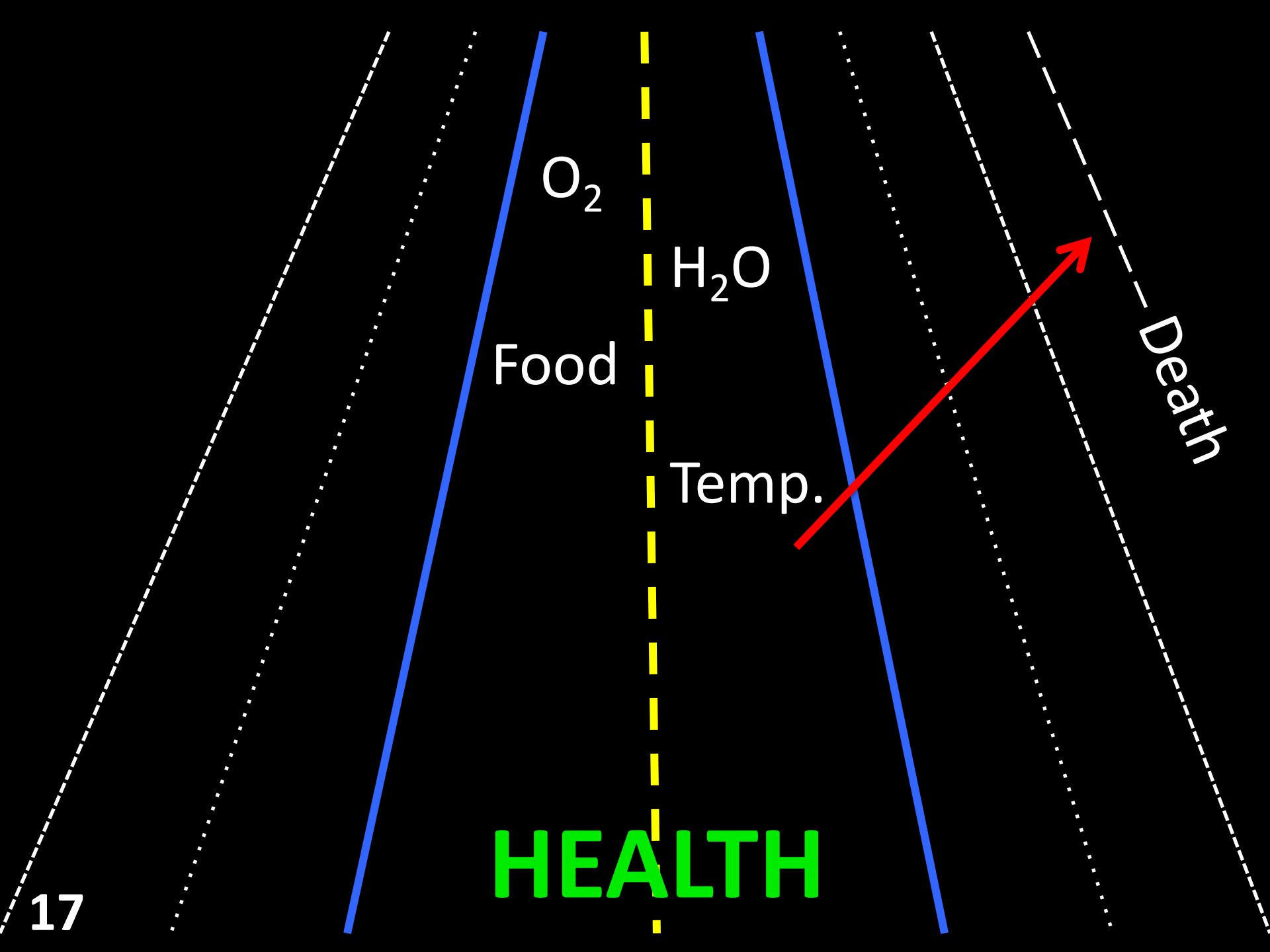
H_2O

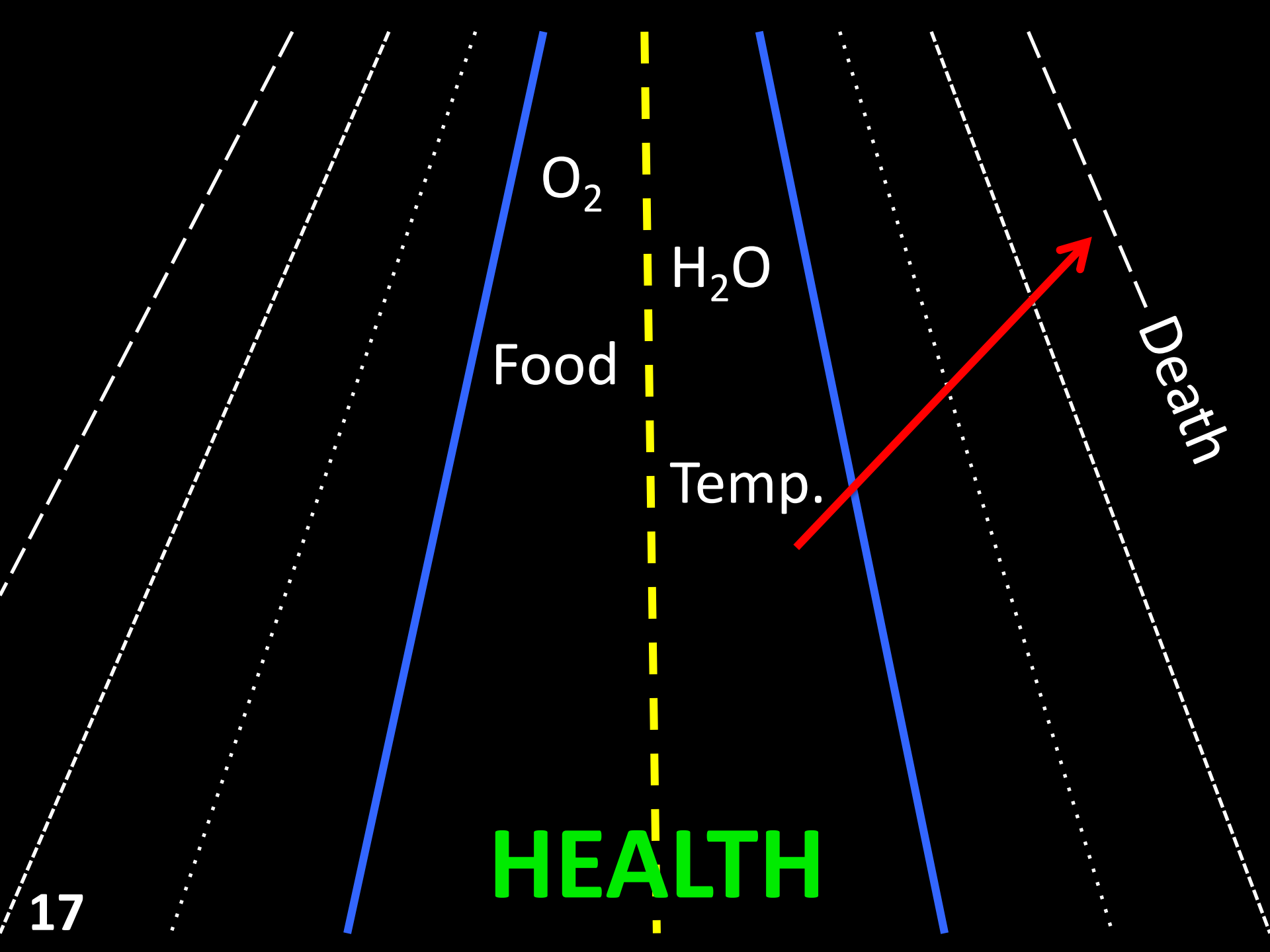
Food

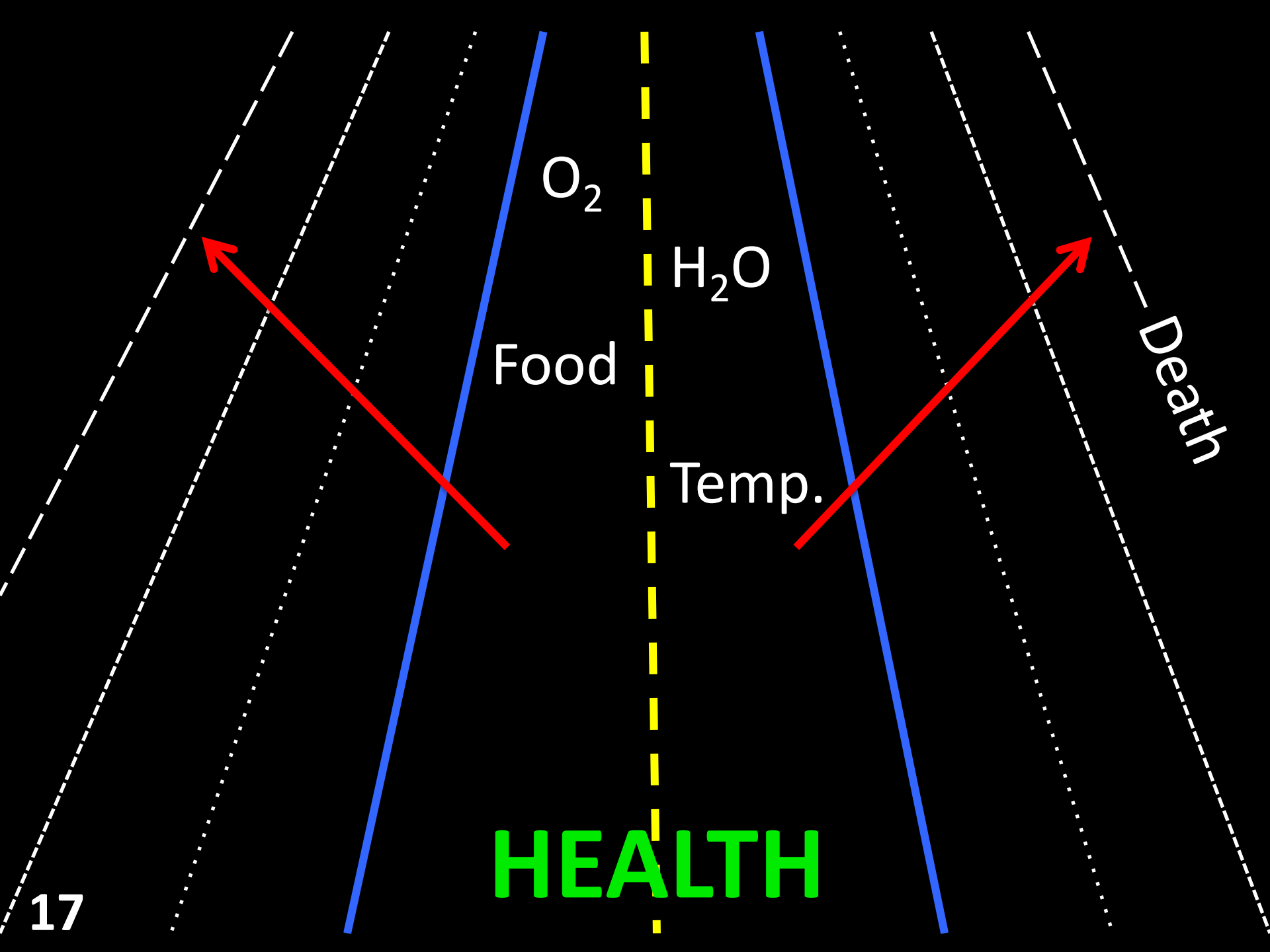
Temp.

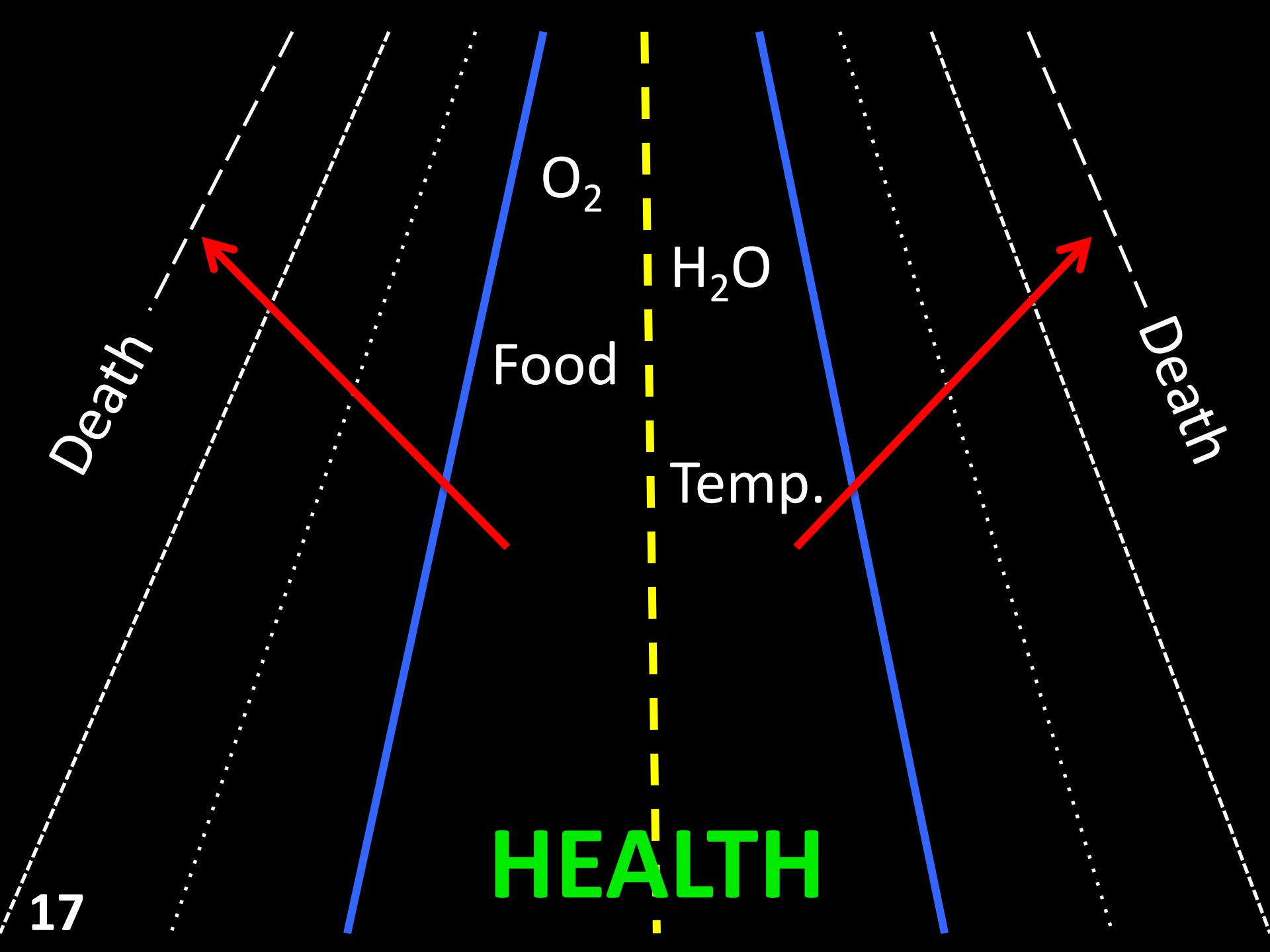
HEALTH

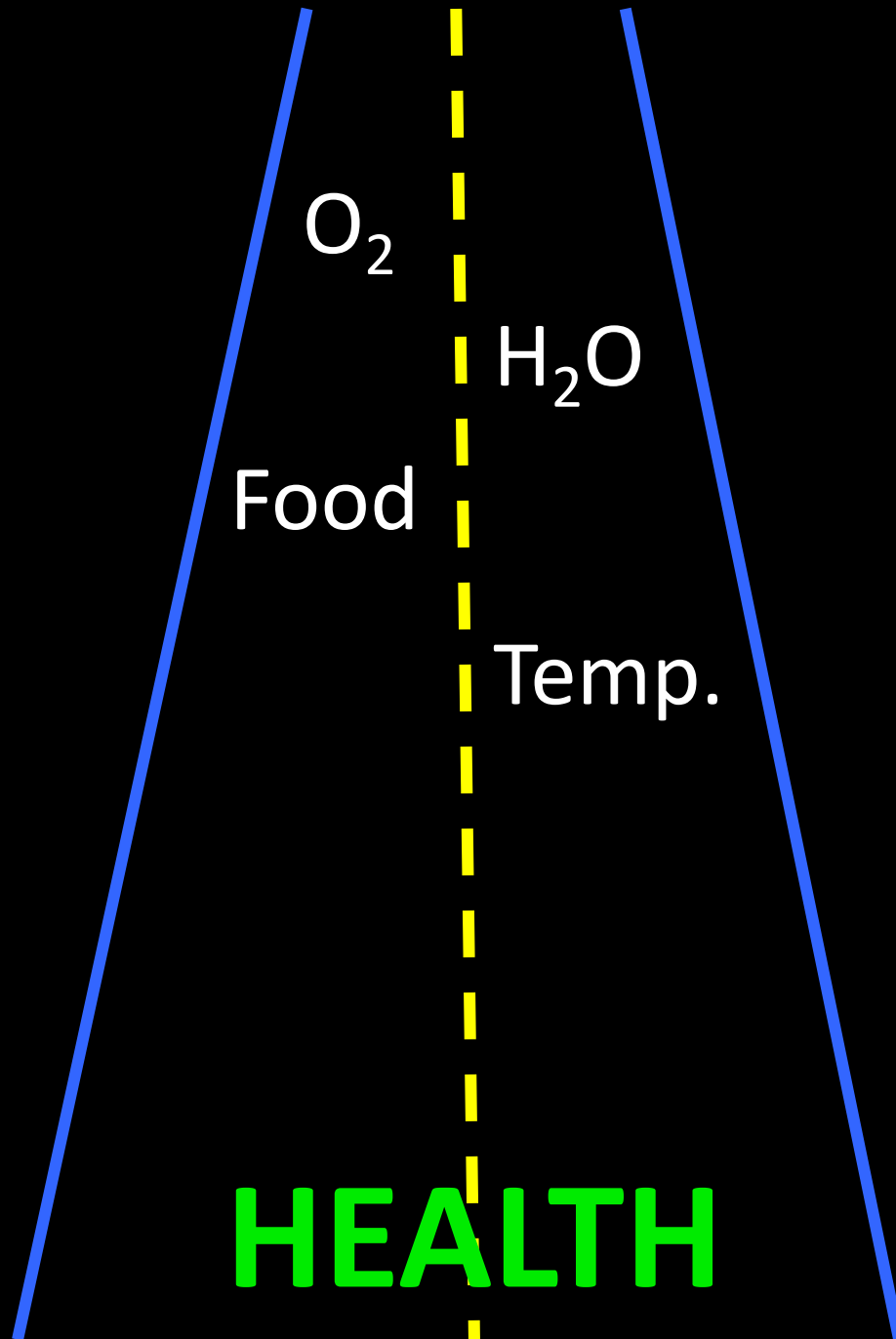
17

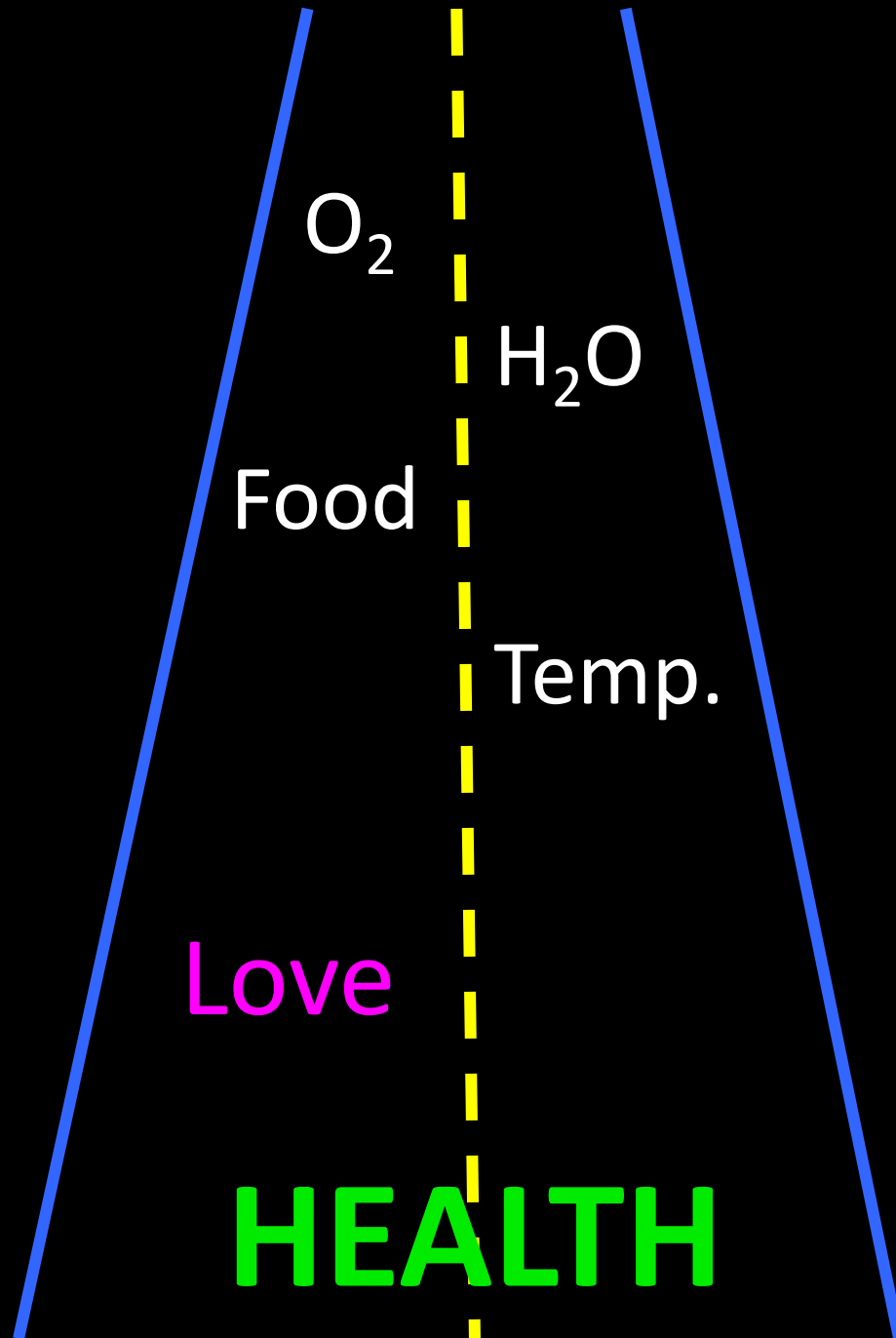


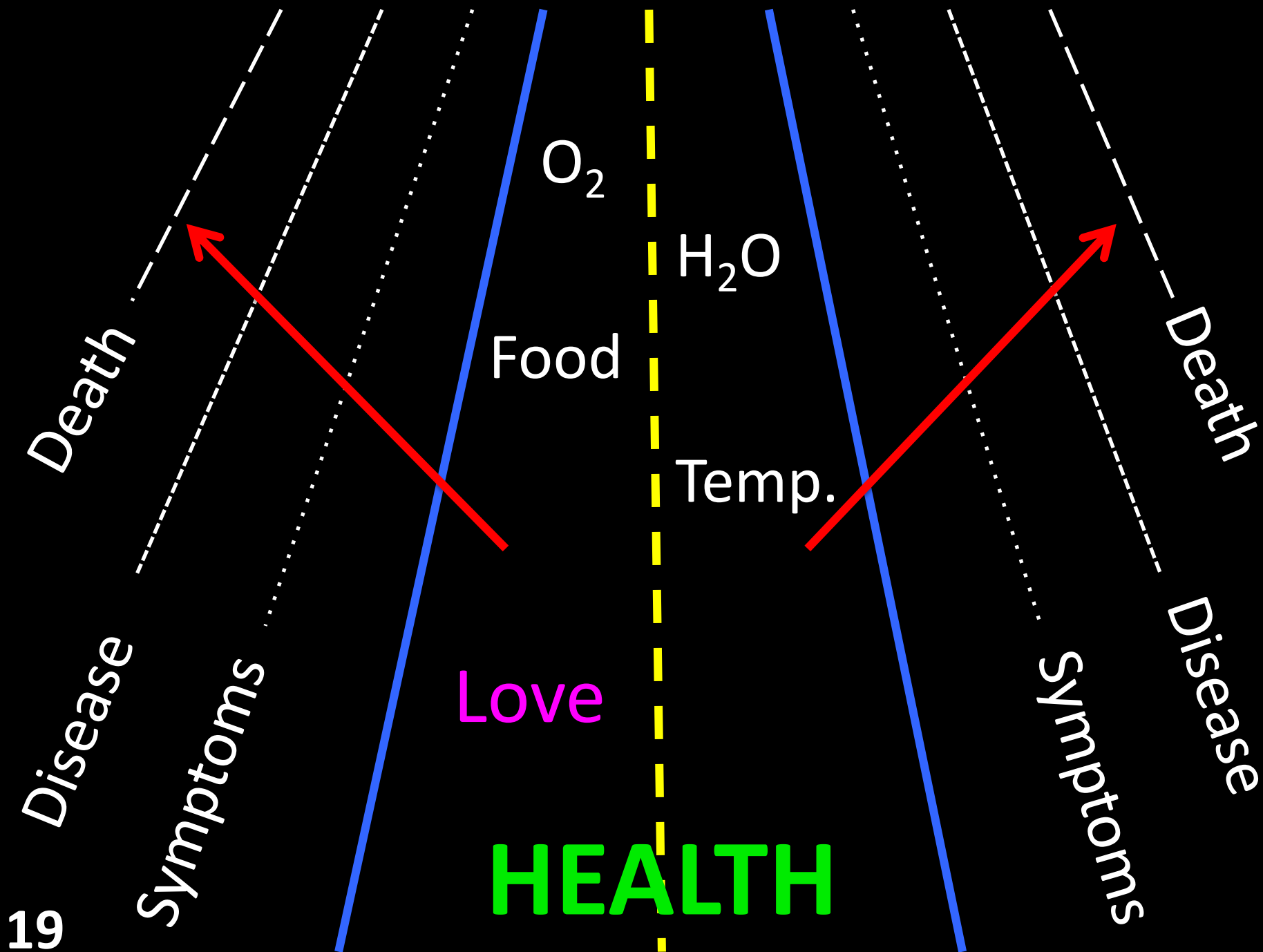




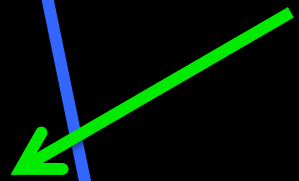


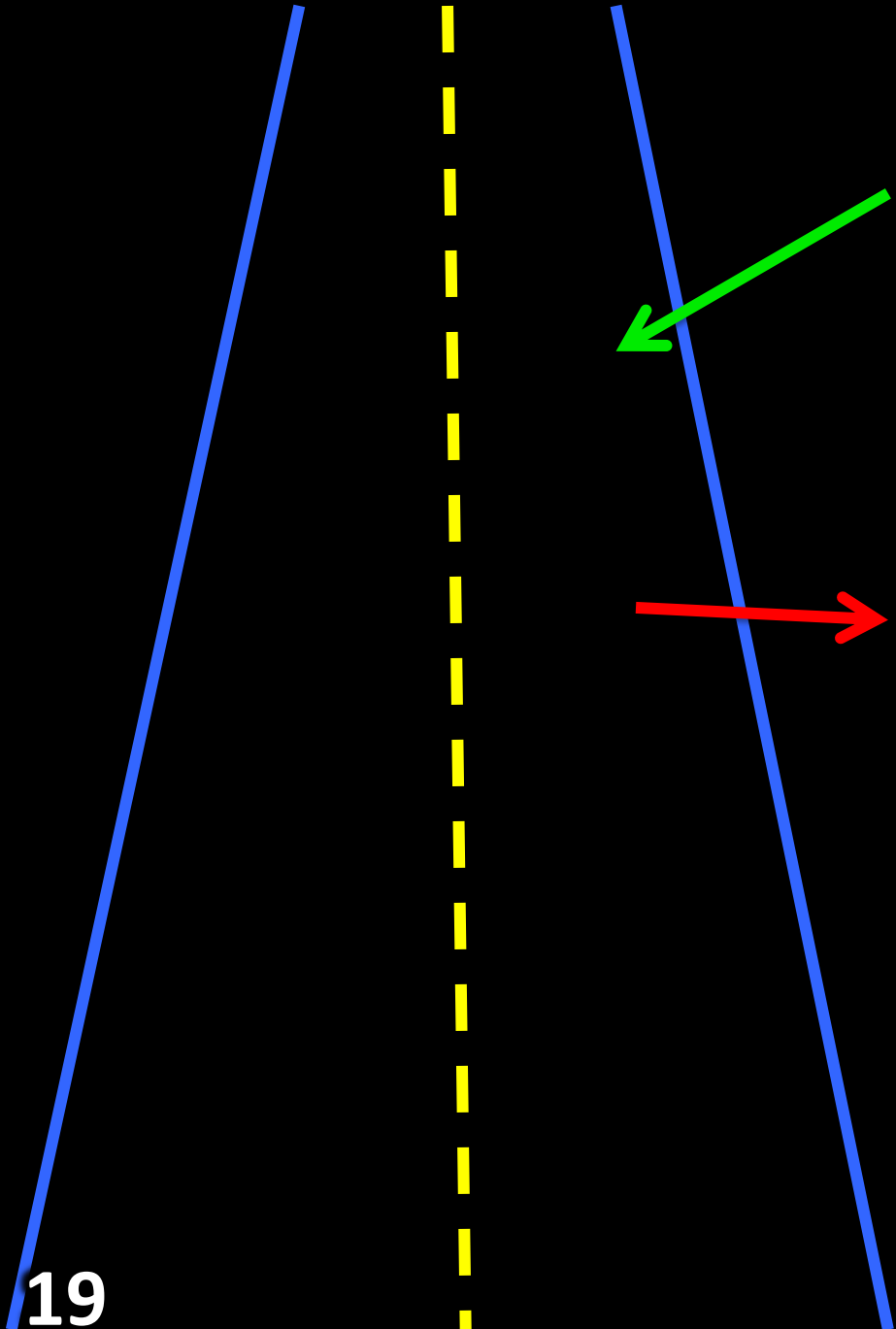






Health = proper
function because the
law is followed





Health = proper
function because the
law is followed

Disease = dysfunction
because the law is
broken

Sin & Disease

- Sin = breaking the law

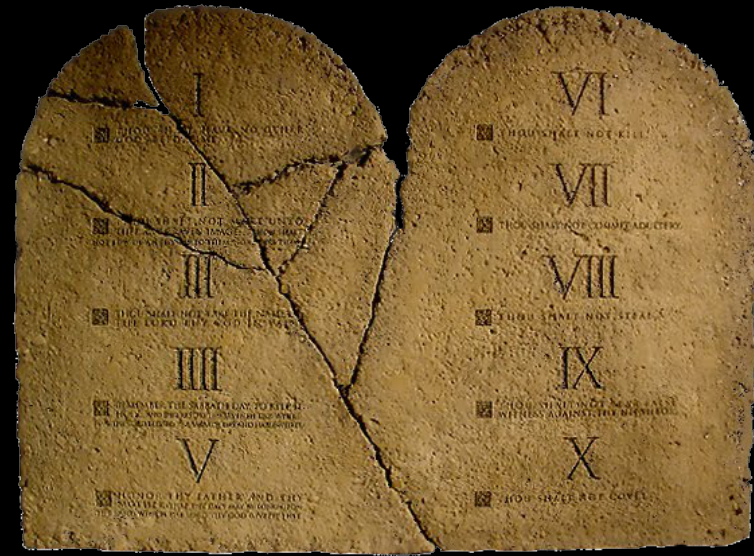
Sin & Disease

“...for sin is the transgression of the law.”

- *1 John 3:4 (KJV)*

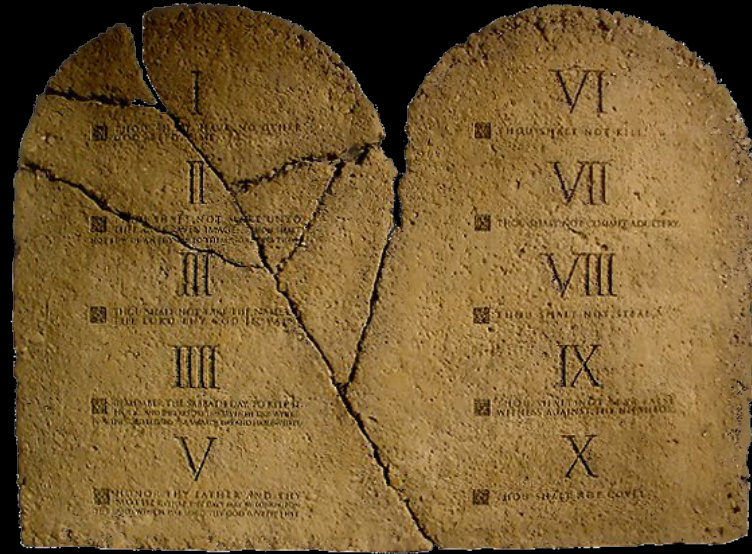
Sin & Disease

- Sin = breaking the law
- Law = God's law



Sin & Disease

- Sin = breaking the law
- Law = God's law
- Foundation of God's law = love



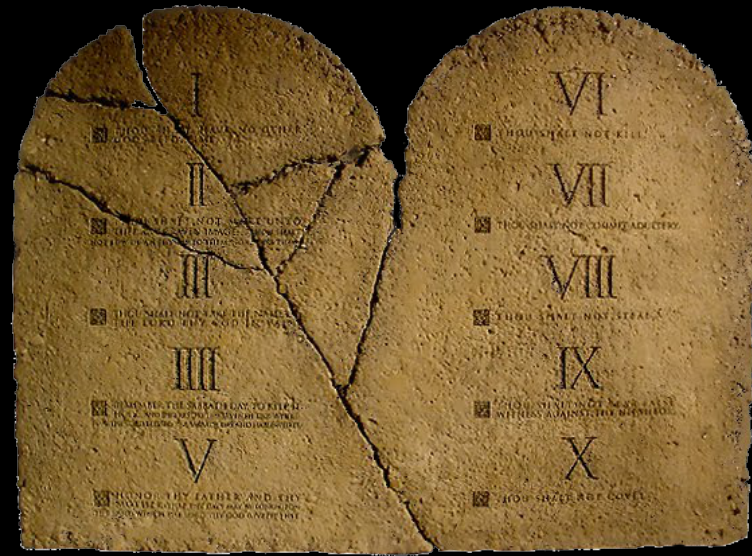
LOVE

“You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets.”

Matthew 22:37-40

Sin & Disease

- Sin = breaking the law
- Law = God's law
- Foundation of God's law = love
- Disease, in many cases, is the result of a love problem



LOVE

The Law of Cause & Effect

- Every effect must have a cause

The Law of Cause & Effect

- Every effect must have a cause
- Every cause must produce an effect

The Law of Cause & Effect

- Every effect must have a cause
- Every cause must produce an effect
- The cause always comes before the effect

The Law of Cause & Effect

- Every effect must have a cause
- Every cause must produce an effect
- The cause always comes before the effect
- The effect always comes after the cause

The Law of Cause & Effect

- Every effect must have a cause
- Every cause must produce an effect
- The cause always comes before the effect
- The effect always comes after the cause
- If the effect is present, the cause or its secondary causes must be present

The Law of Cause & Effect

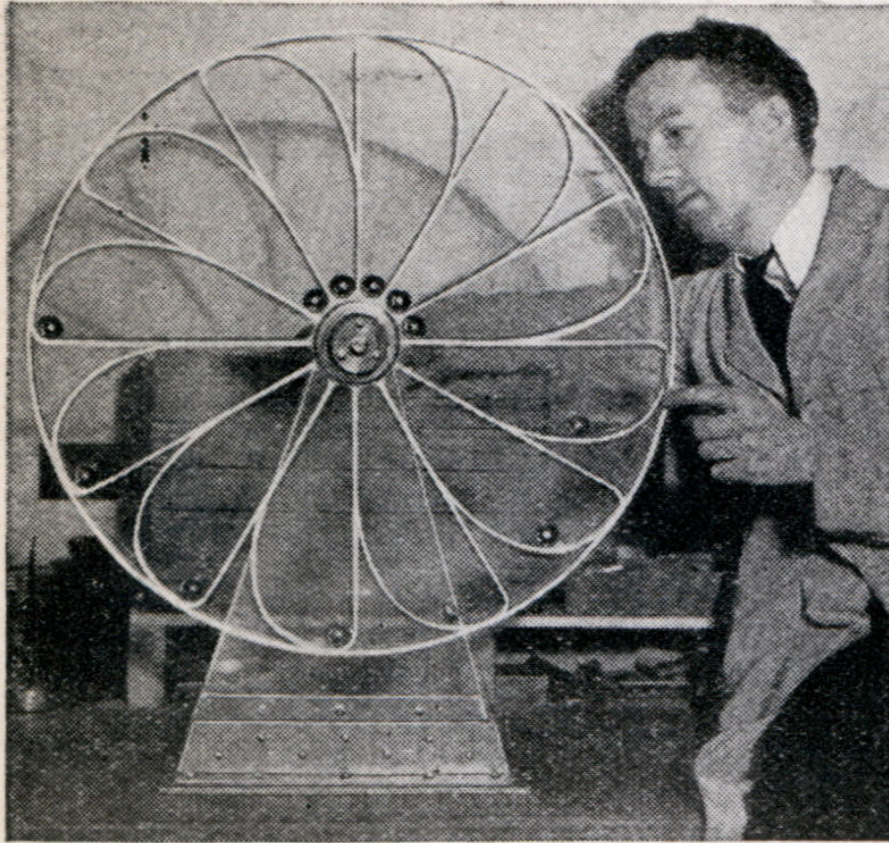
- Every effect must have a cause
- Every cause must produce an effect
- The cause always comes before the effect
- The effect always comes after the cause
- If the effect is present, the cause or its secondary causes must be present
- If the cause is removed, the effect must cease

The Law of Cause & Effect

Law of Thermodynamics

All energy necessary for a system to function must come from outside of that system

Impossibility of Perpetual Motion Shown at Chicago Fair



A "BALL power wheel" which is supposed to turn continuously because it is always unbalanced is just one of the many interesting "perpetual motion" models on exhibit in the Hall of Science of A Century of Progress.

In spite of the fact that centuries of effort have failed to produce a single working perpetual motion machine, inventors continue wasting time and money on the idea. This exhibit is intended to show in a convincing manner just why it is impossible to construct such a device. Though many of the models run a surprisingly long time, friction eventually stops every one.

"Ball power wheel" at Century of Progress shows impossibility of perpetual motion. Balls, making wheel always heavier on left side, are supposed to turn it counter-clockwise.

The Law of Cause & Effect

Law of Thermodynamics

All energy necessary for a system to function must come from outside of that system

- The effect cannot create itself, so the cause must be sought for from outside of the system in question.

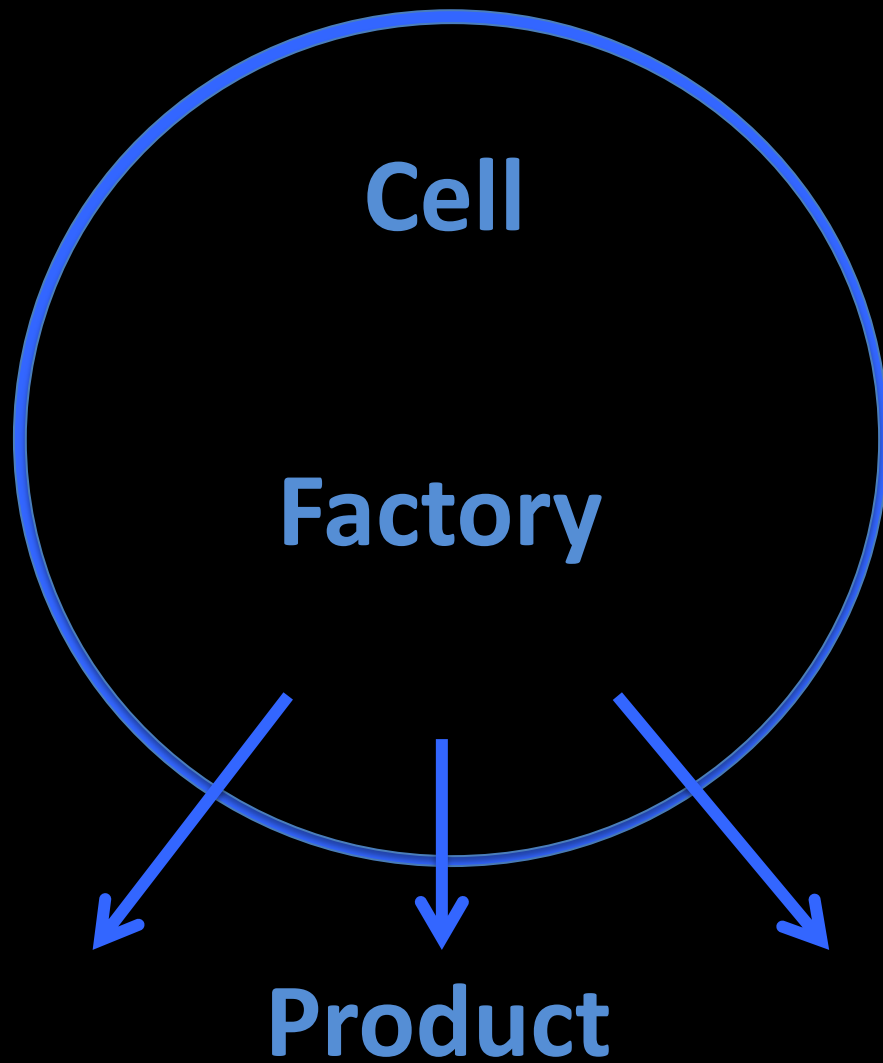


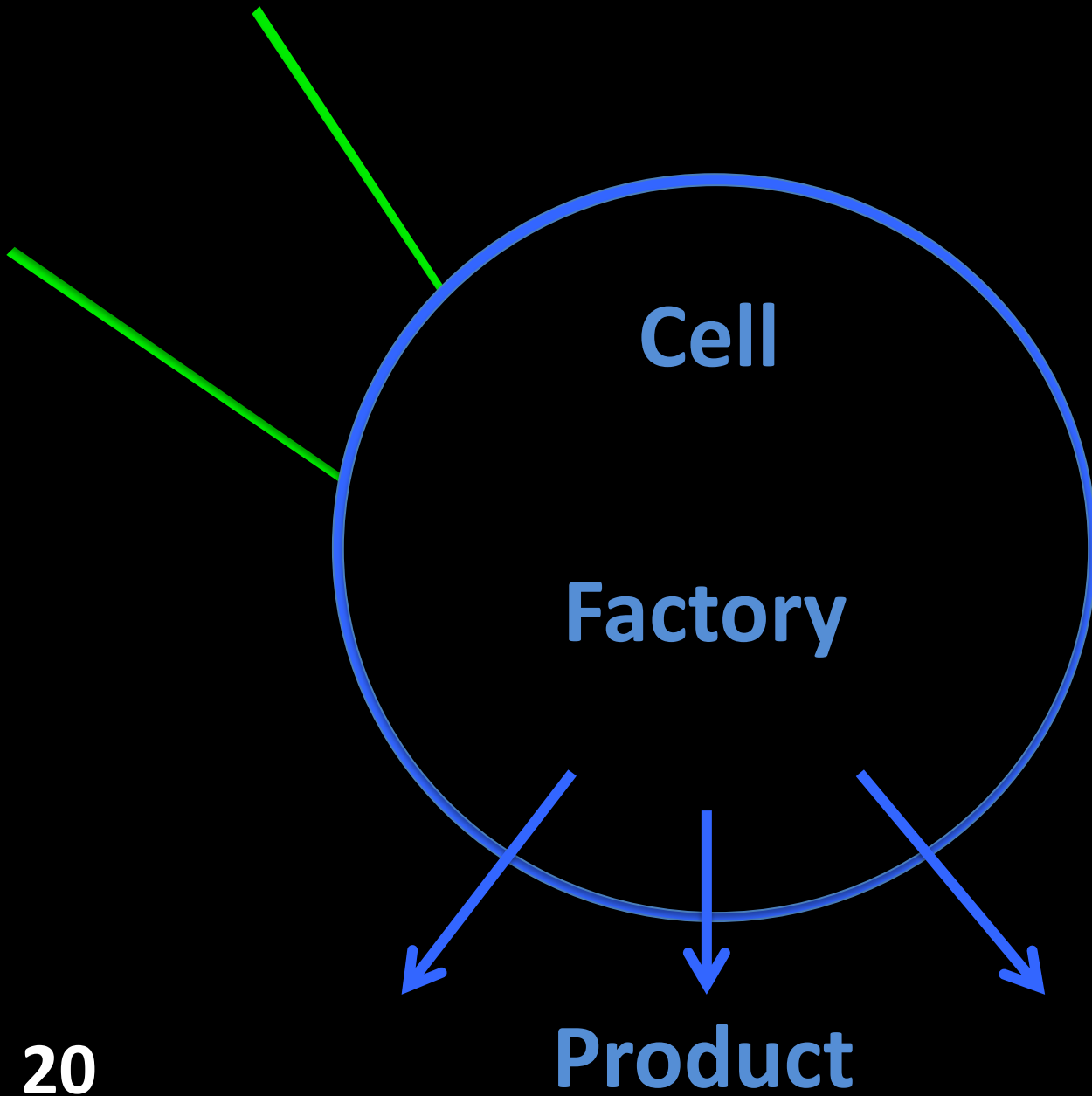
Cell

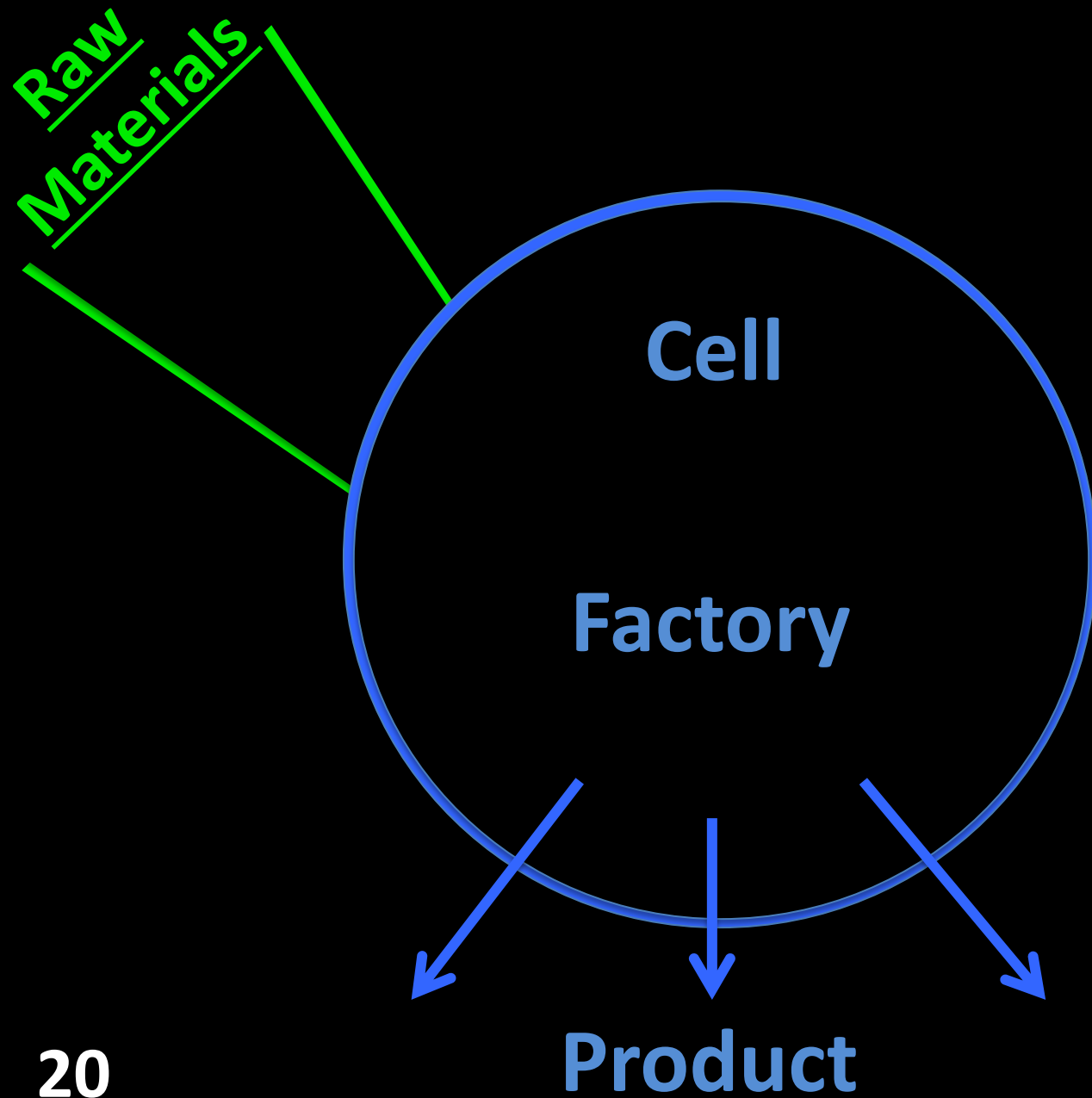


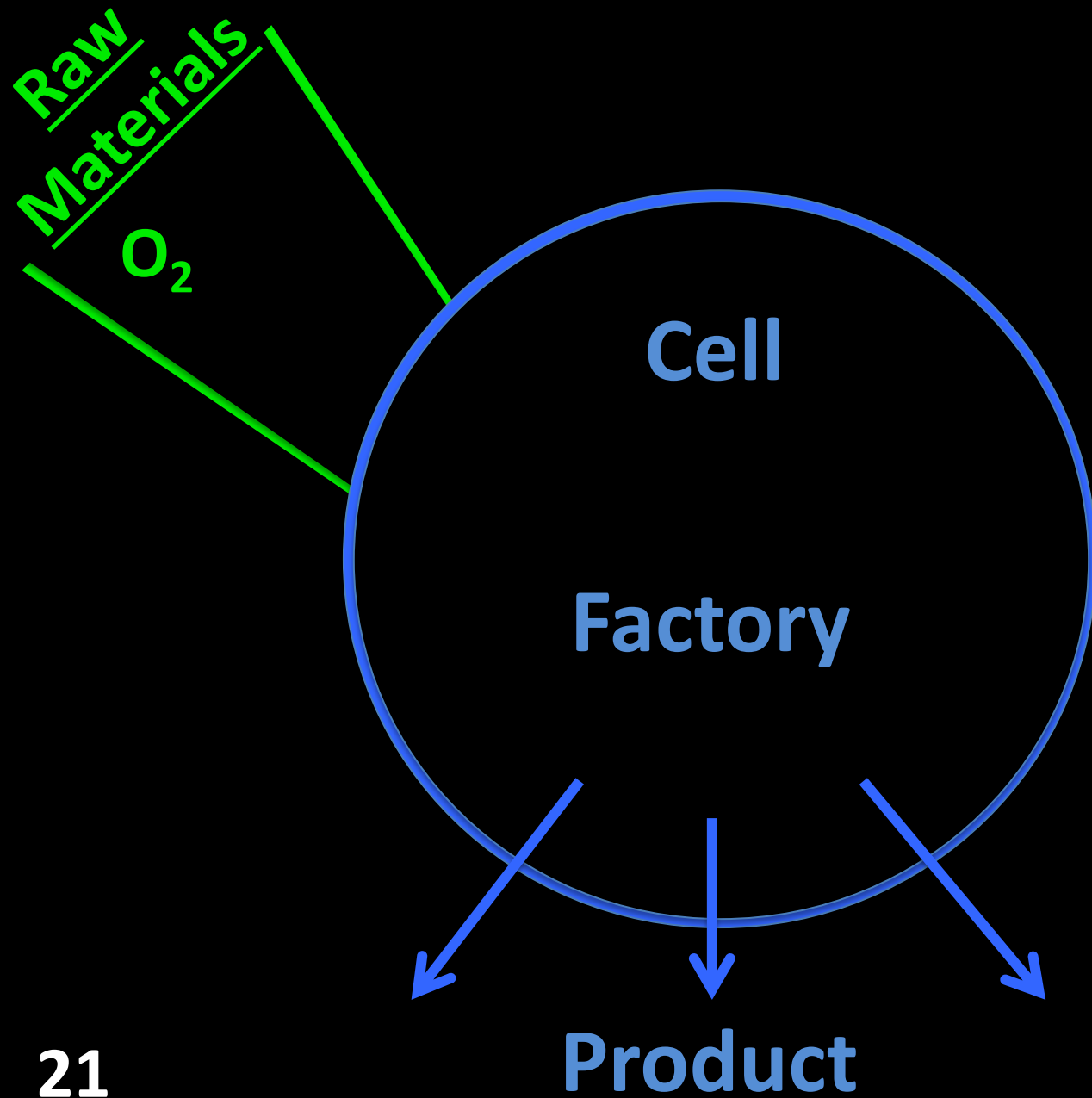
Cell

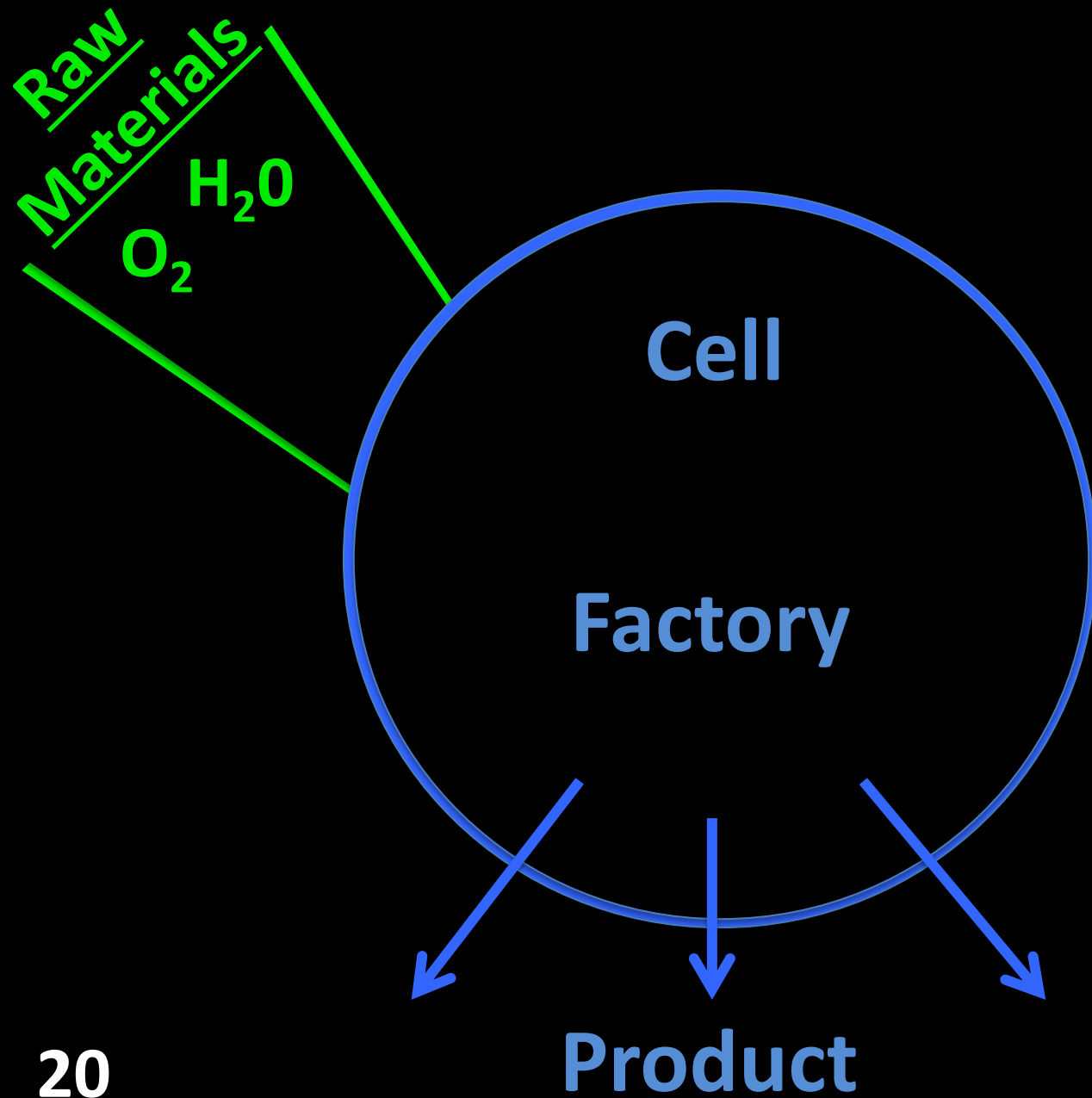
Factory

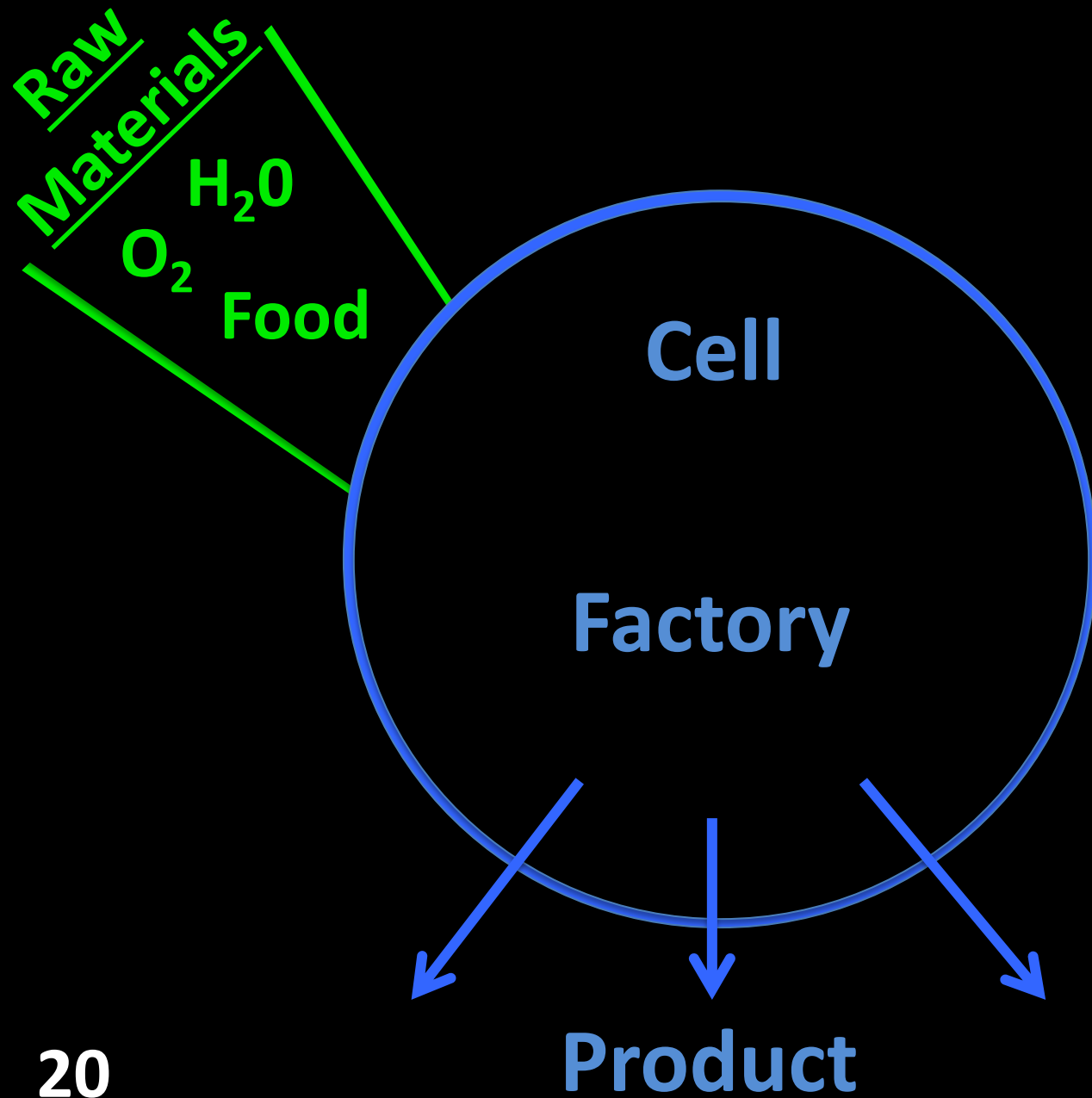


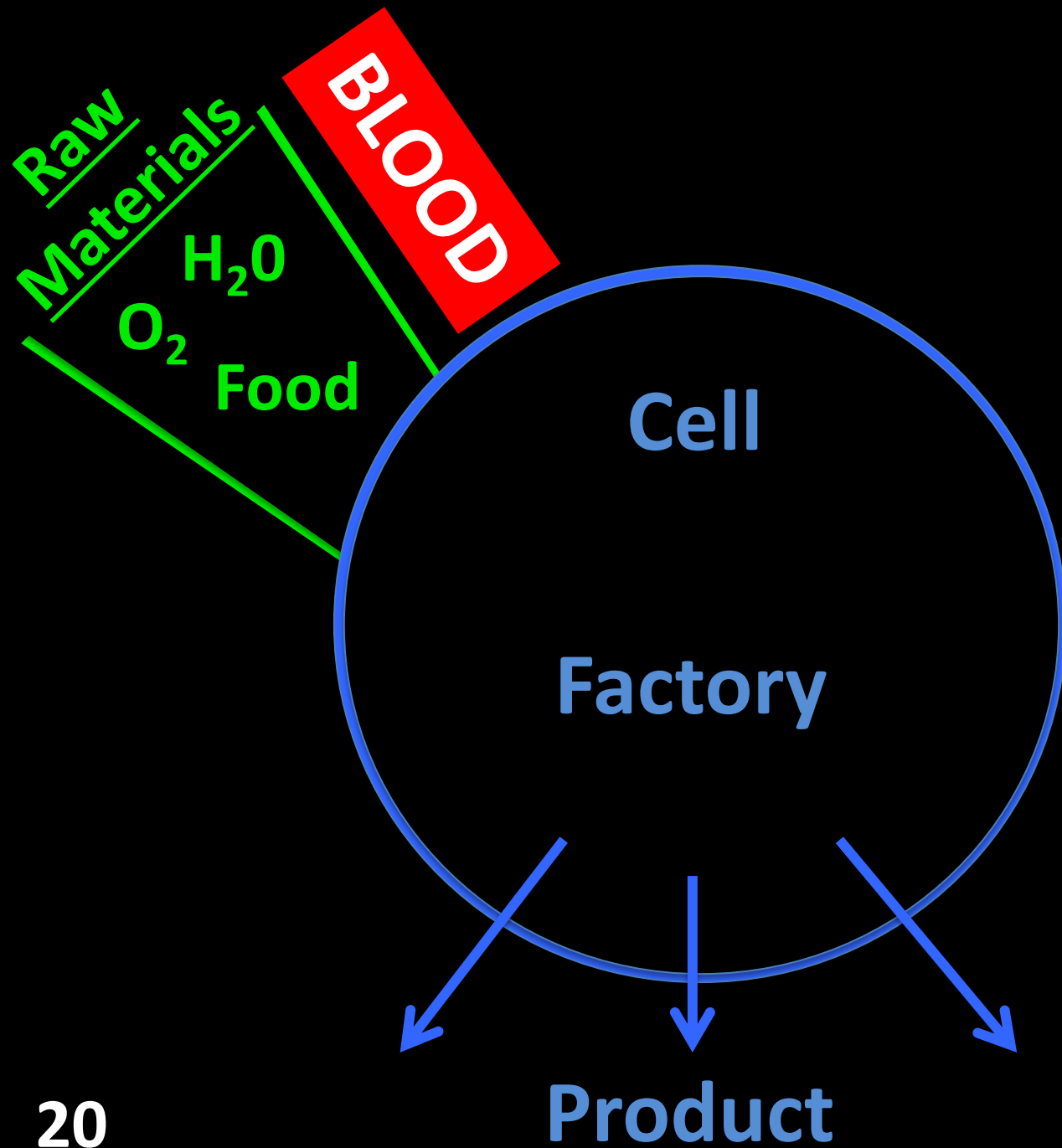


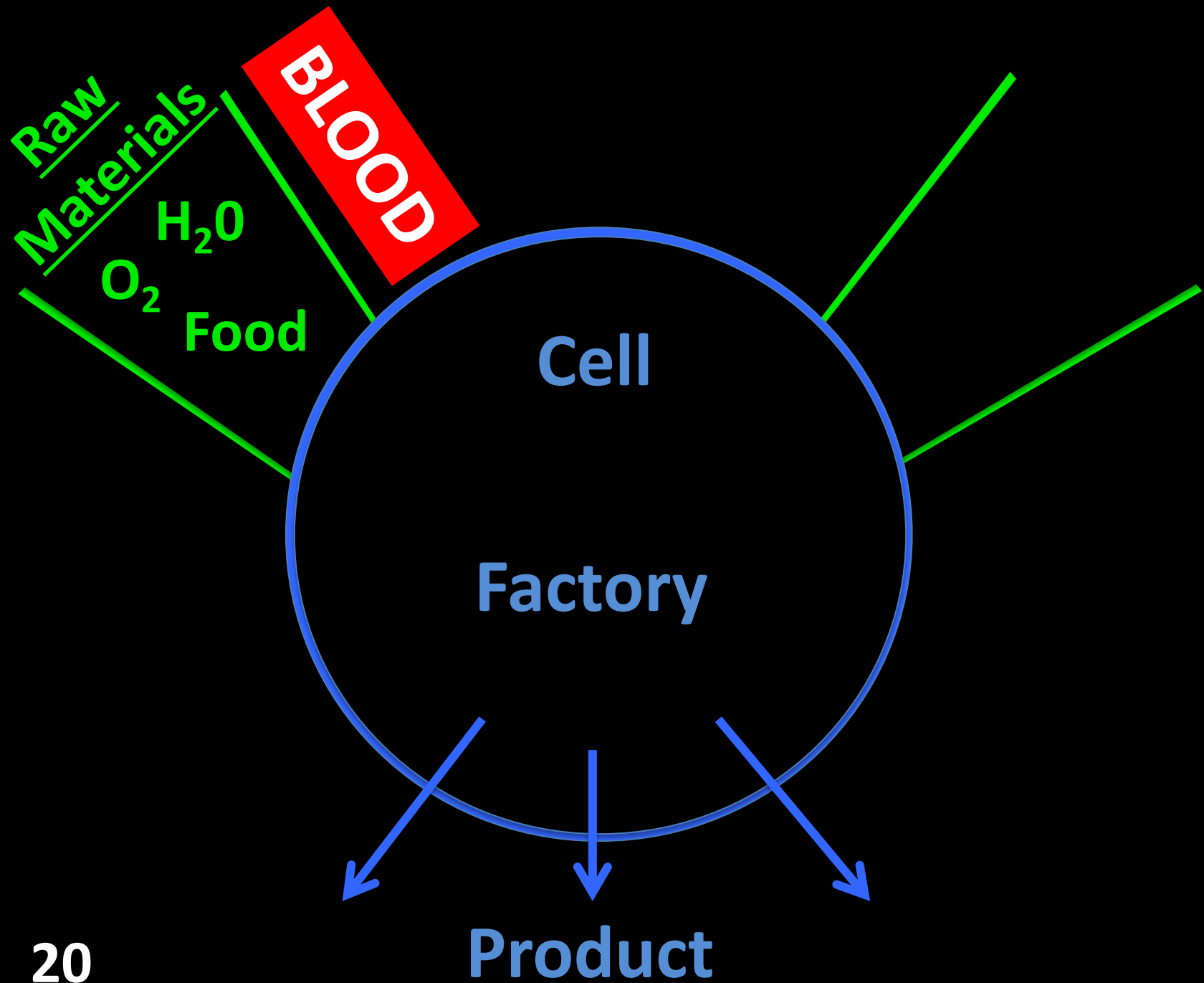


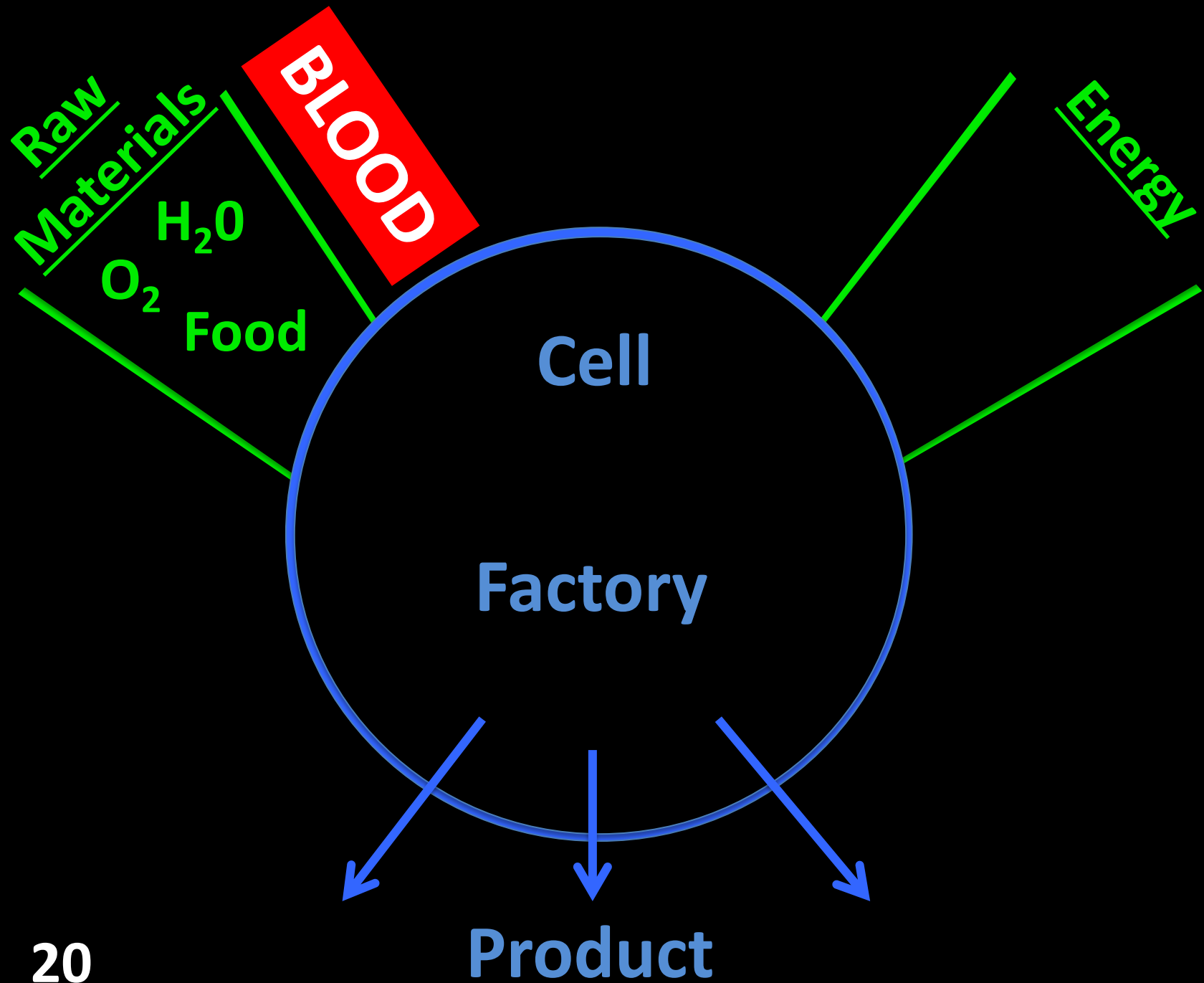


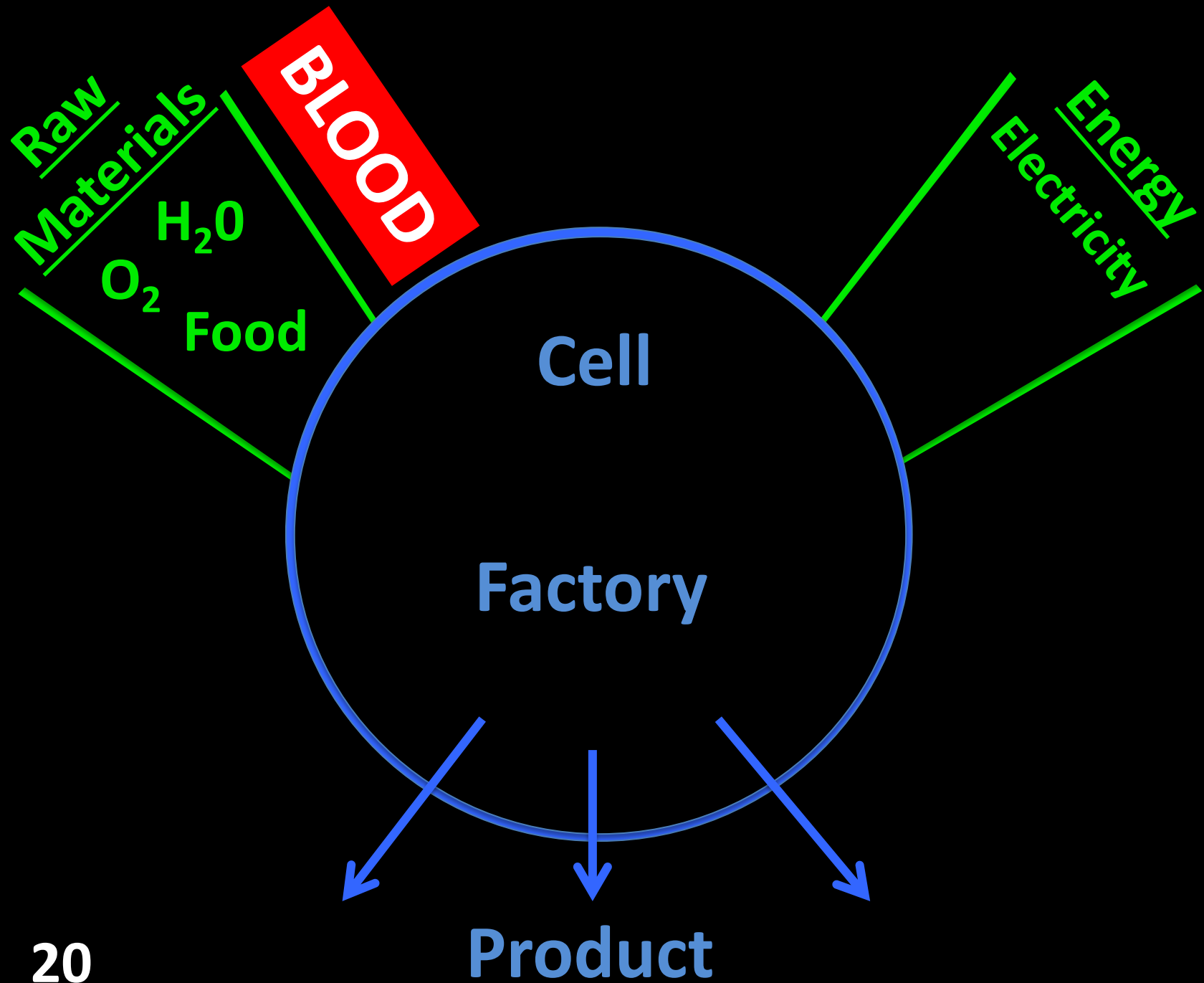


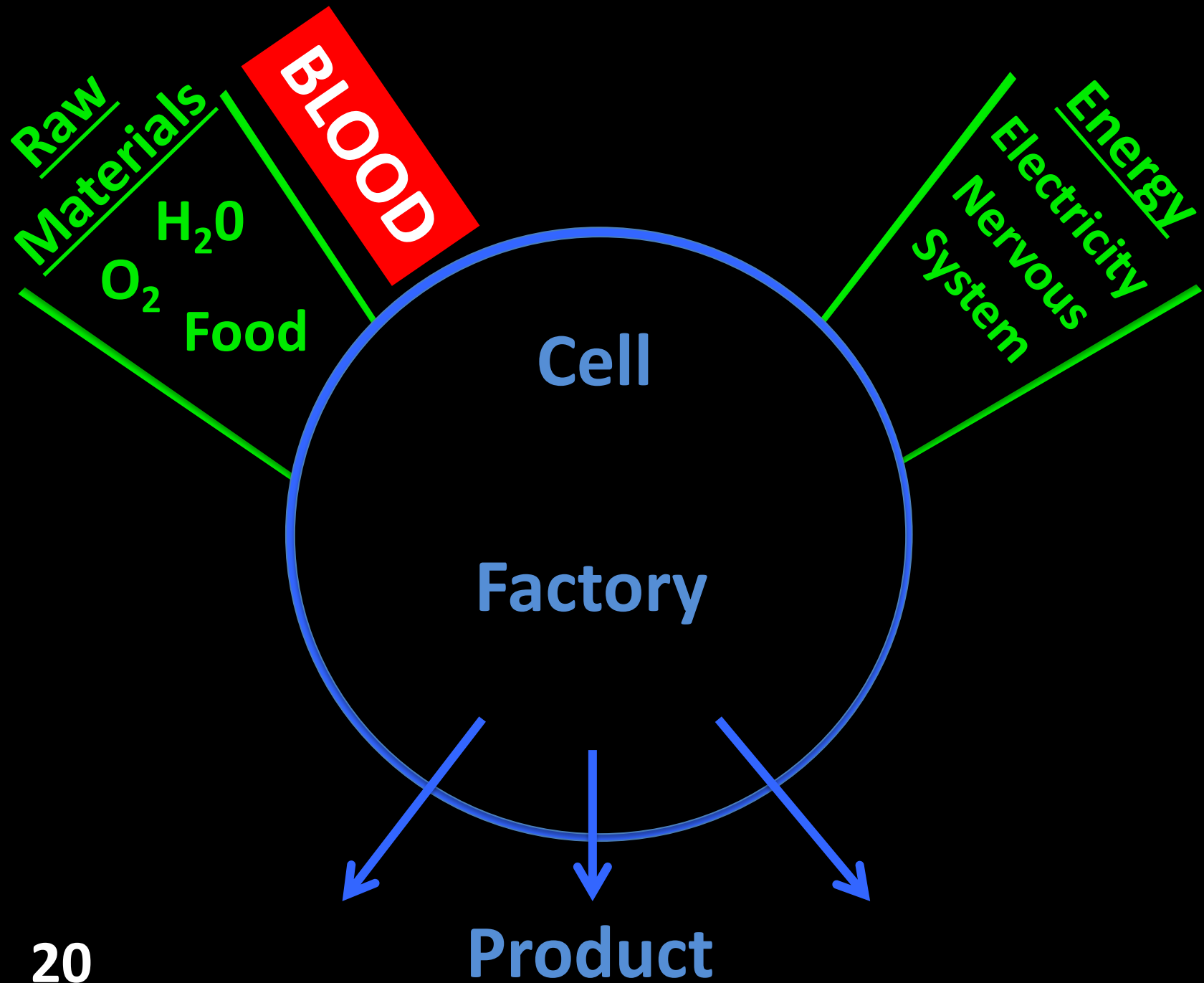




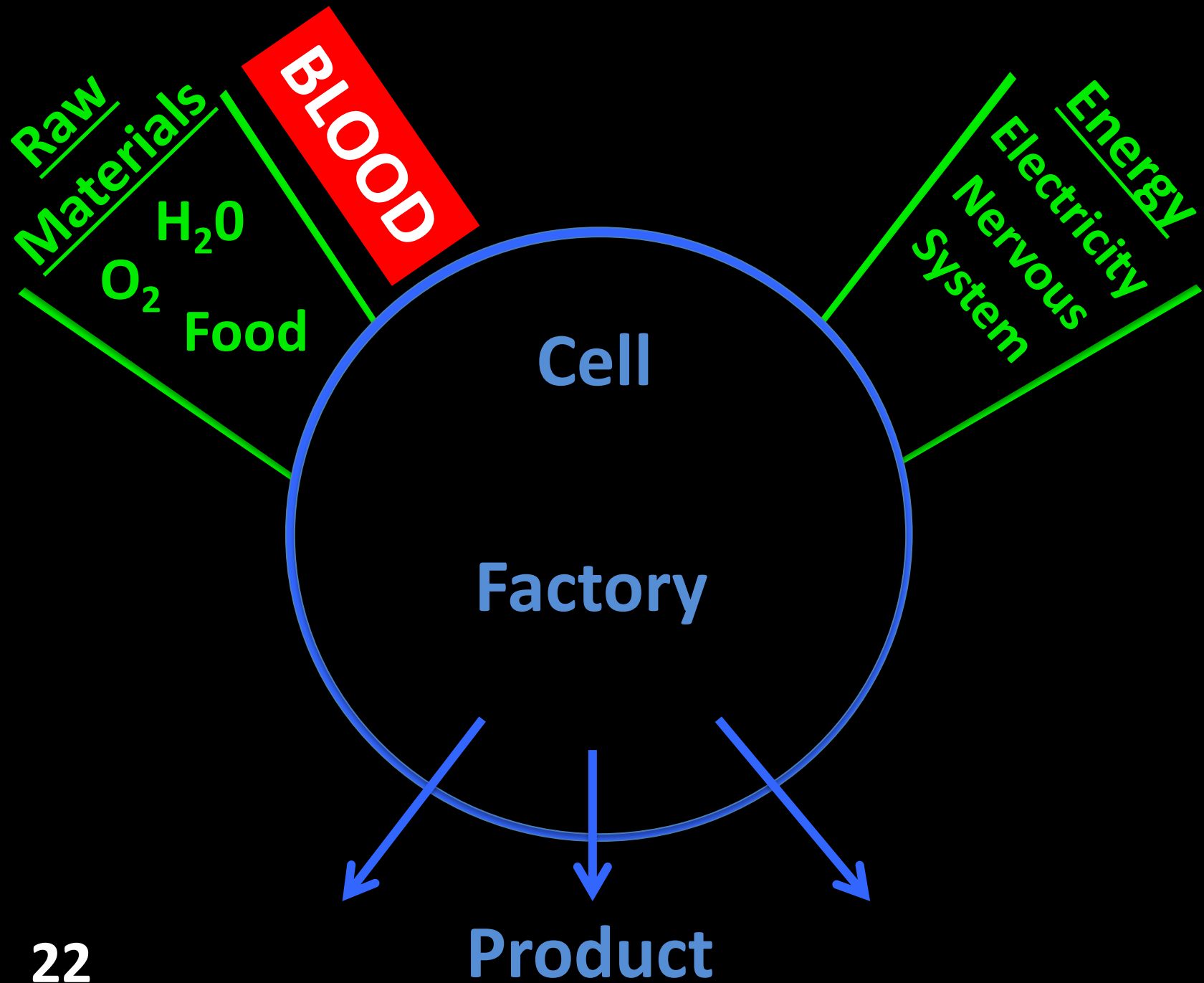


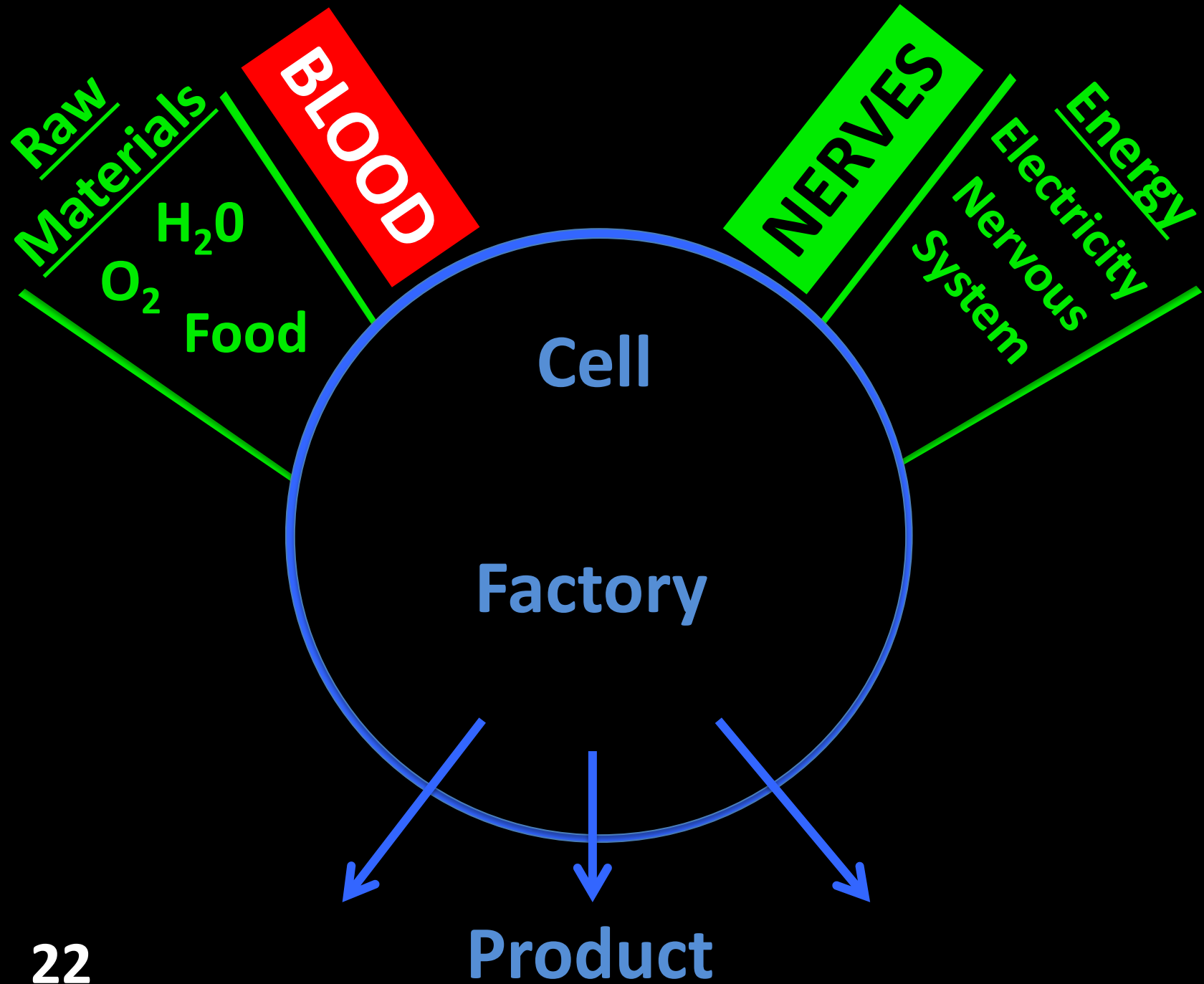




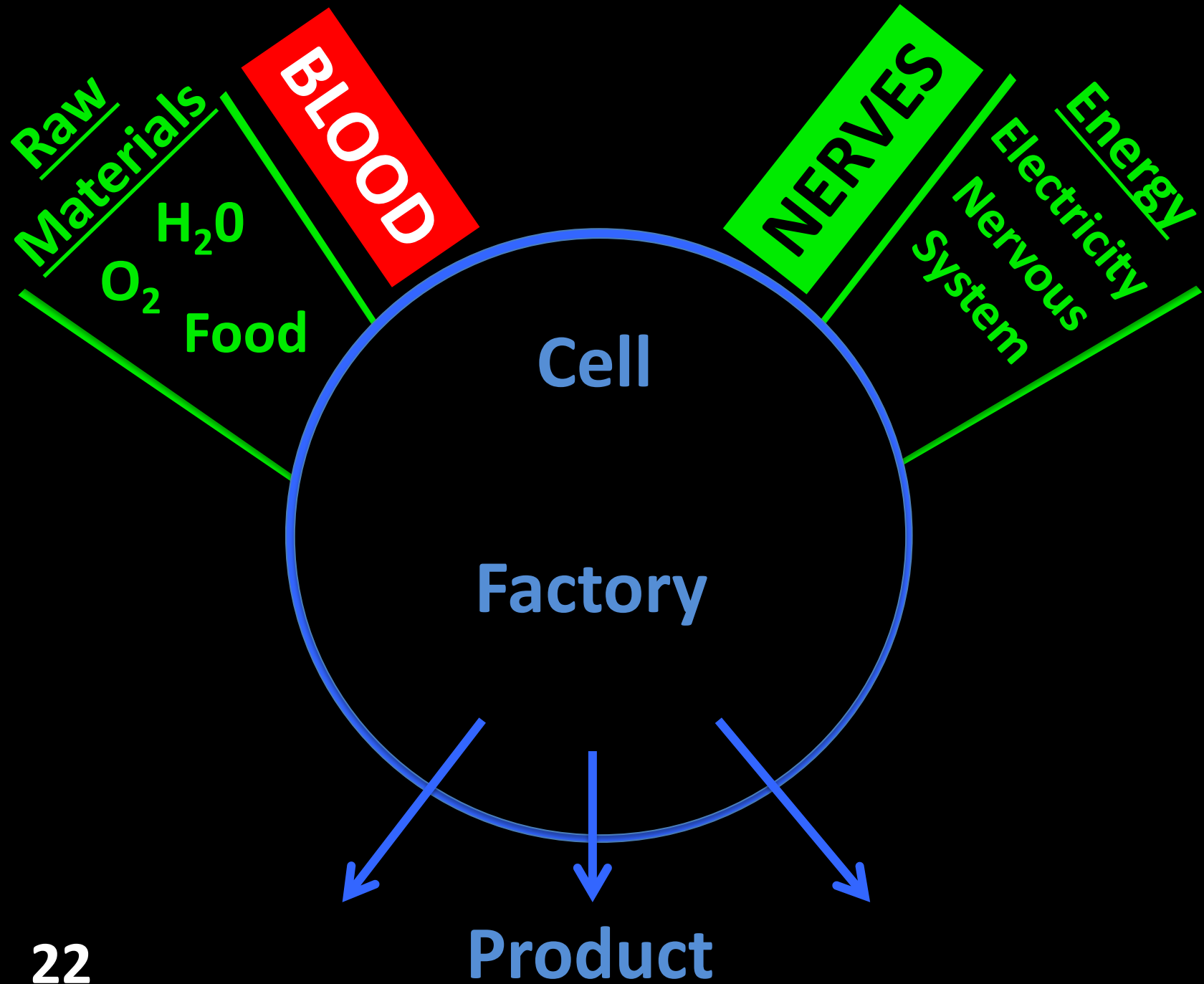


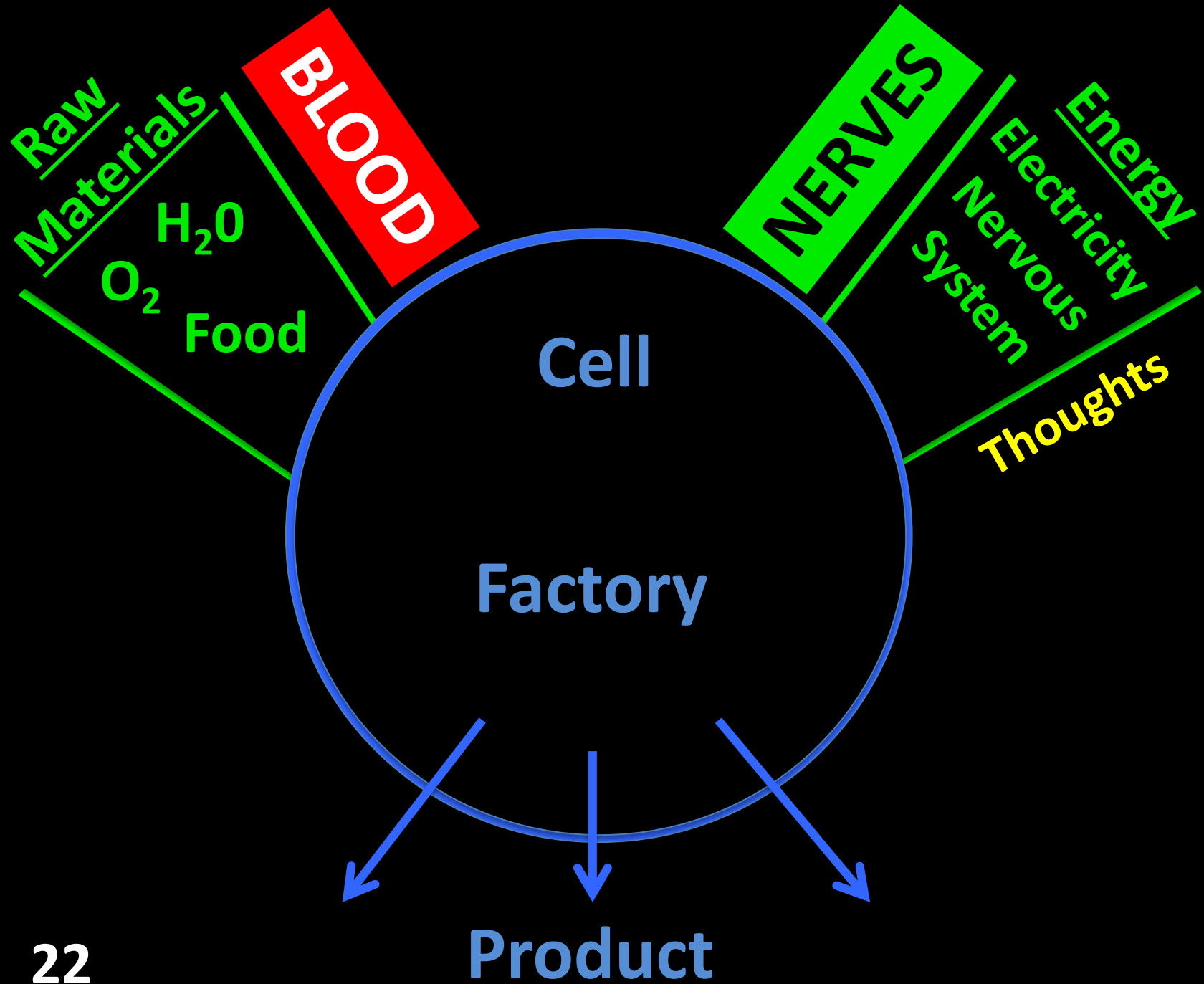
“The influence of the mind on the body, as well as of the body on the mind, should be emphasized. The electric power of the brain, promoted by mental activity, vitalizes the whole system, and is thus an invaluable aid in resisting disease.”

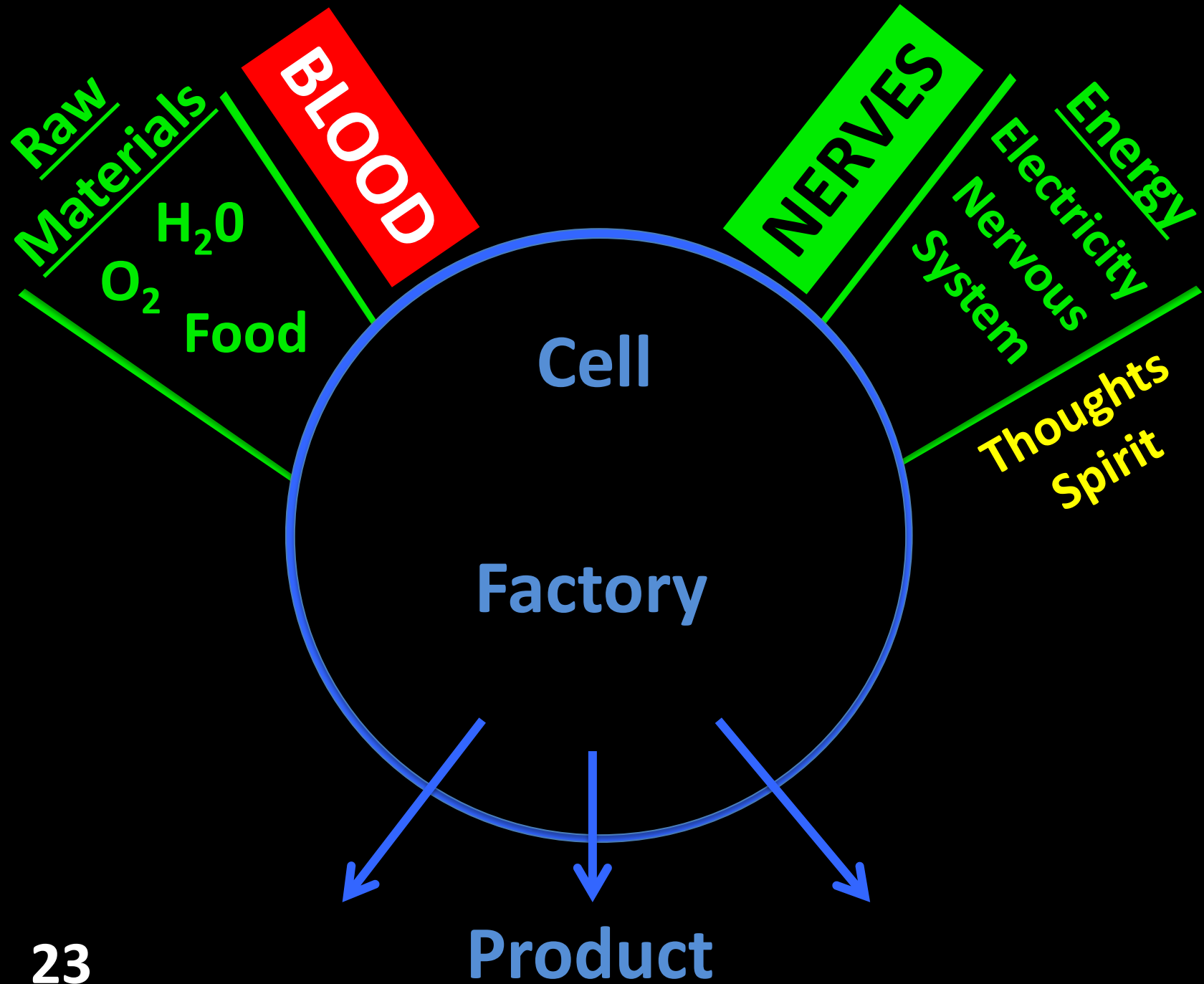


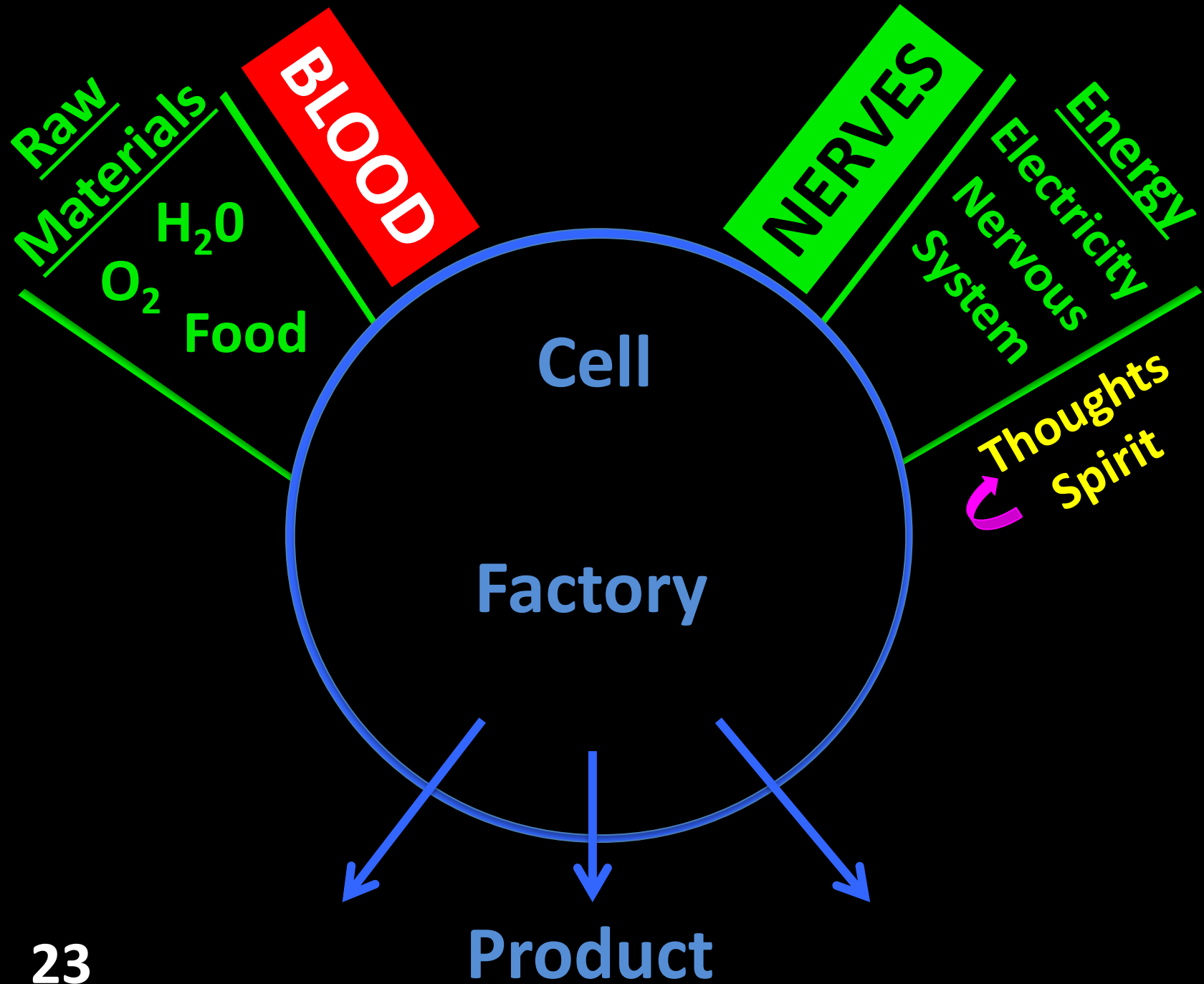


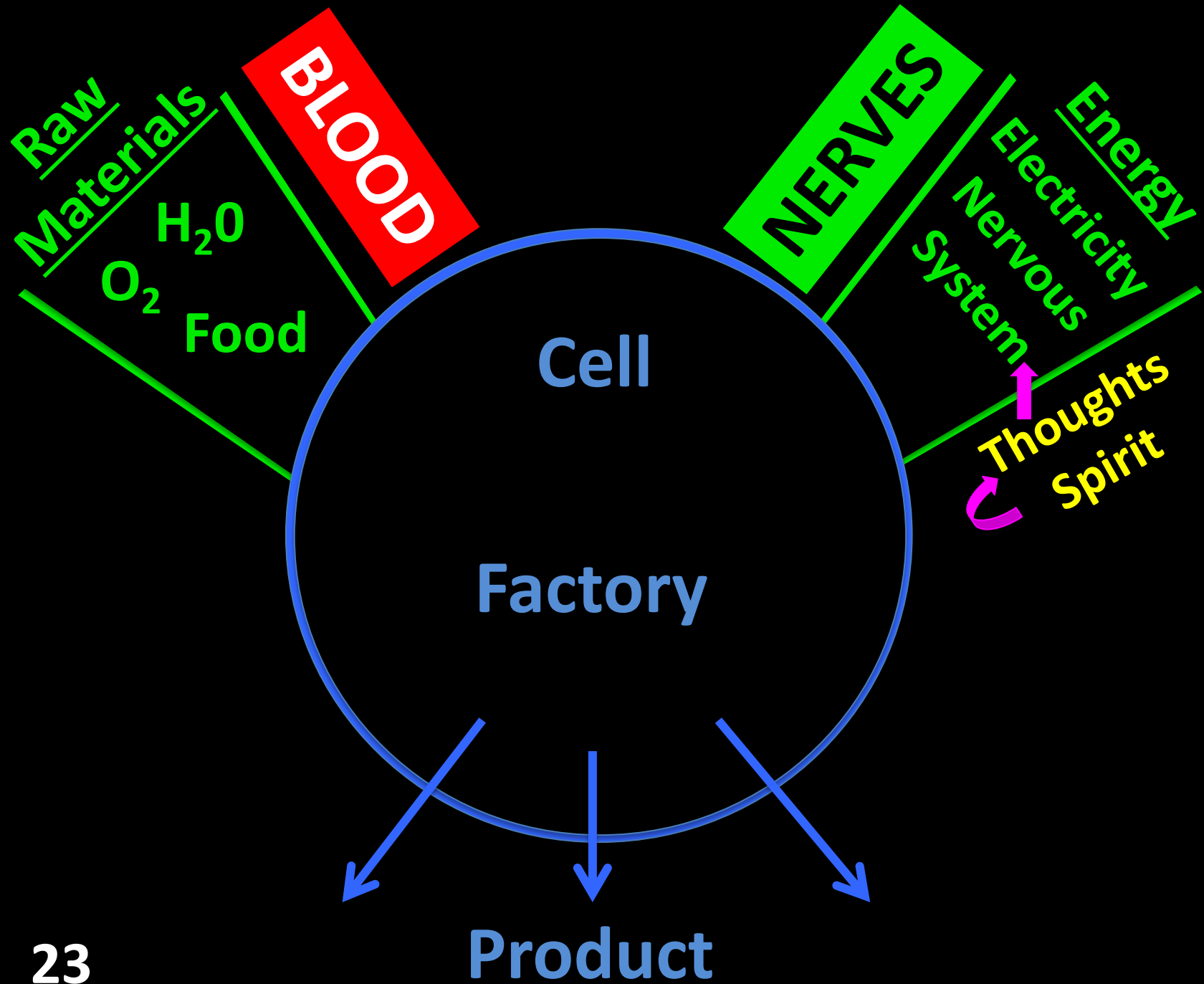
“The mind controls the whole man...Yet many spend all their lives without becoming intelligent in regard to the casket that contains this treasure. All the physical organs are the servants of the mind, and the nerves are the messengers that transmit its orders to every part of the body, guiding the motions of the living machinery.”

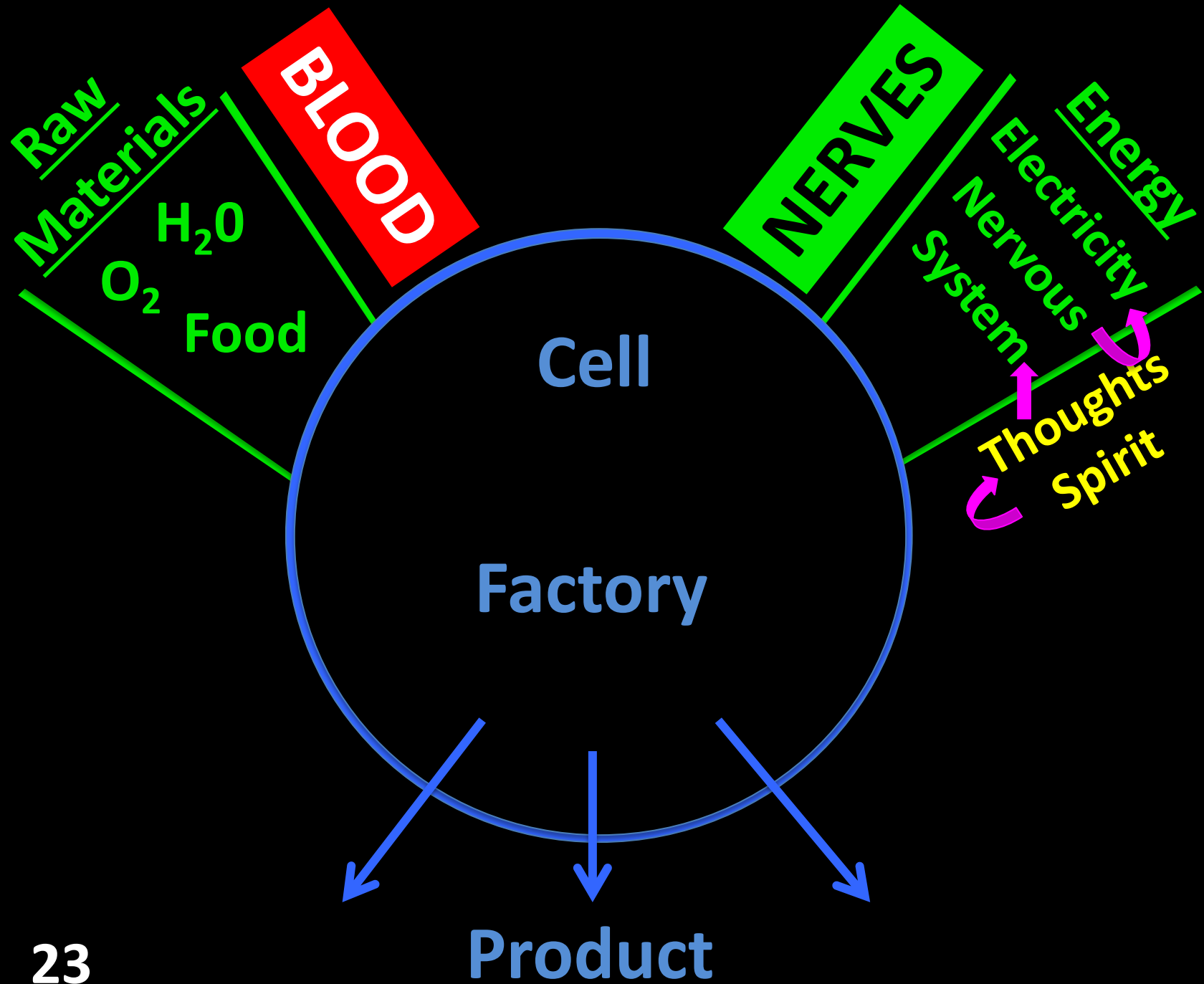


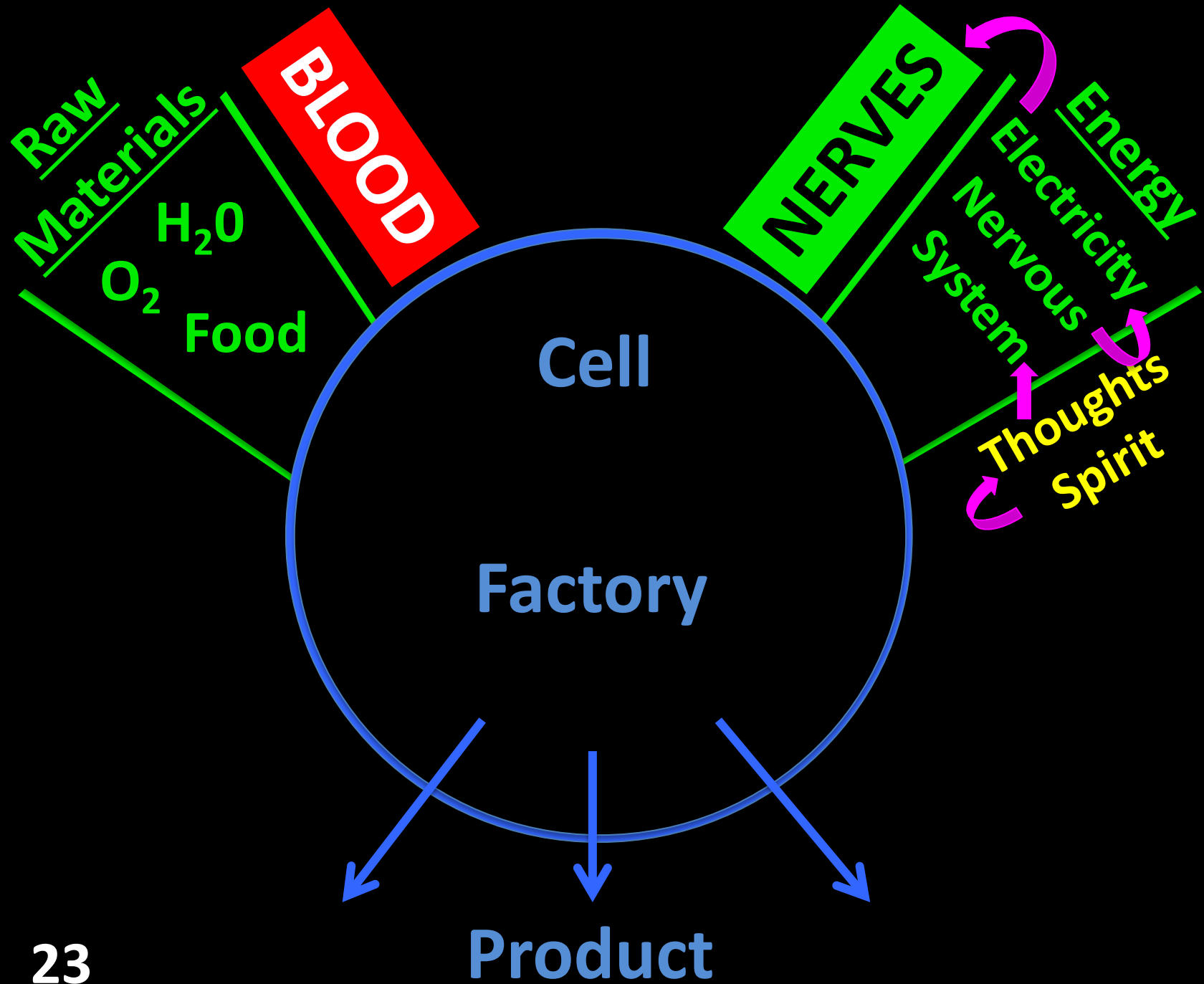


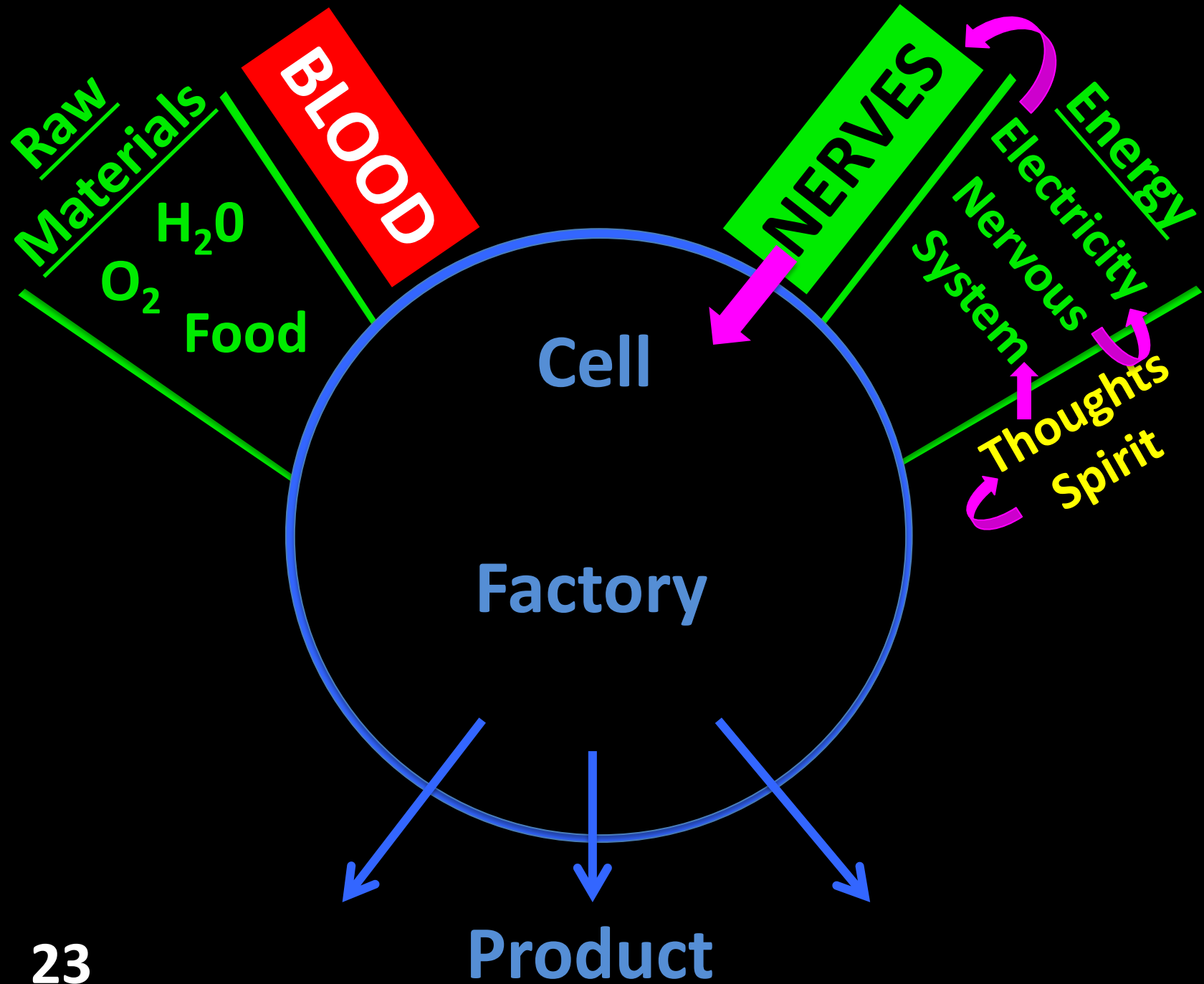




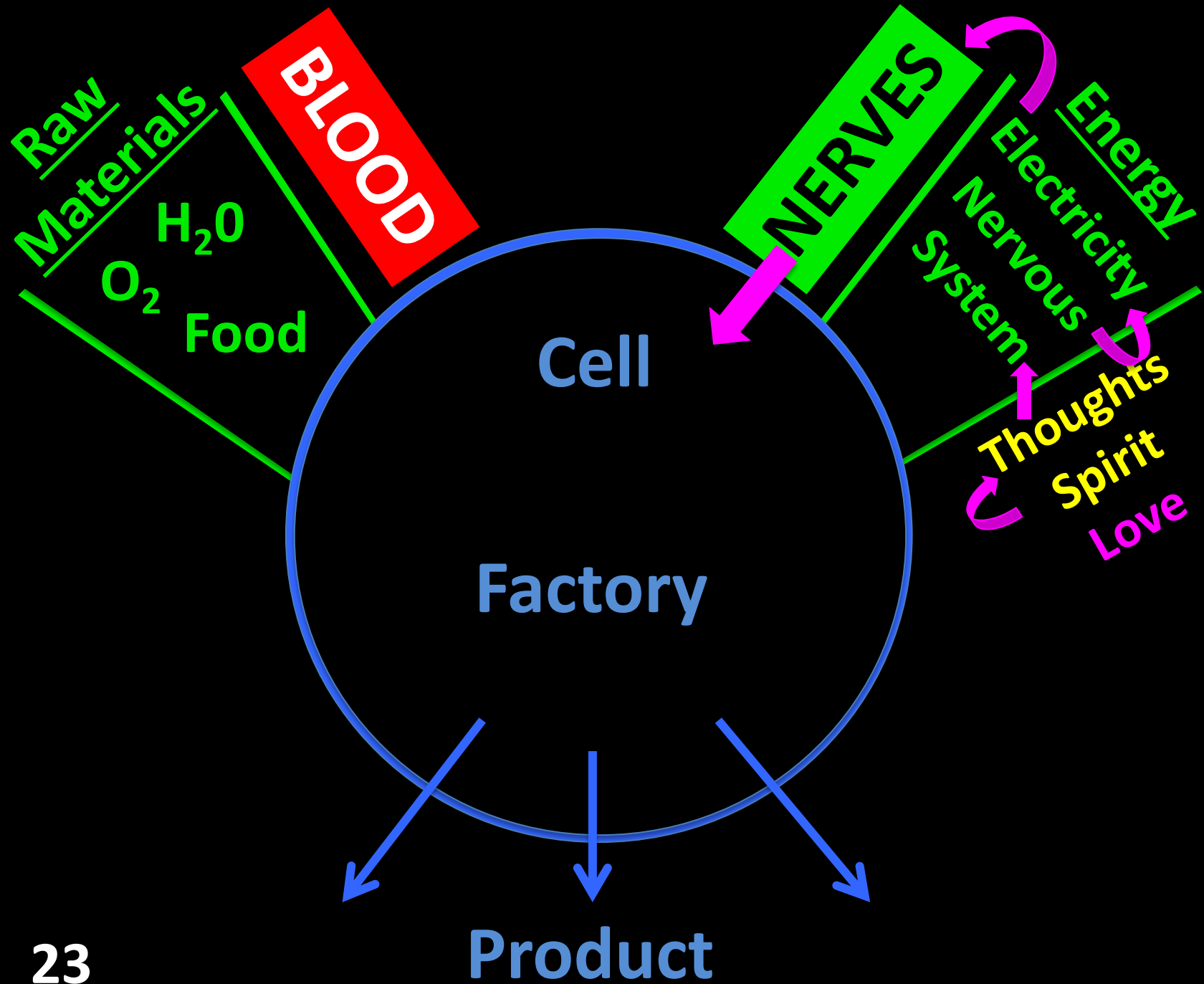


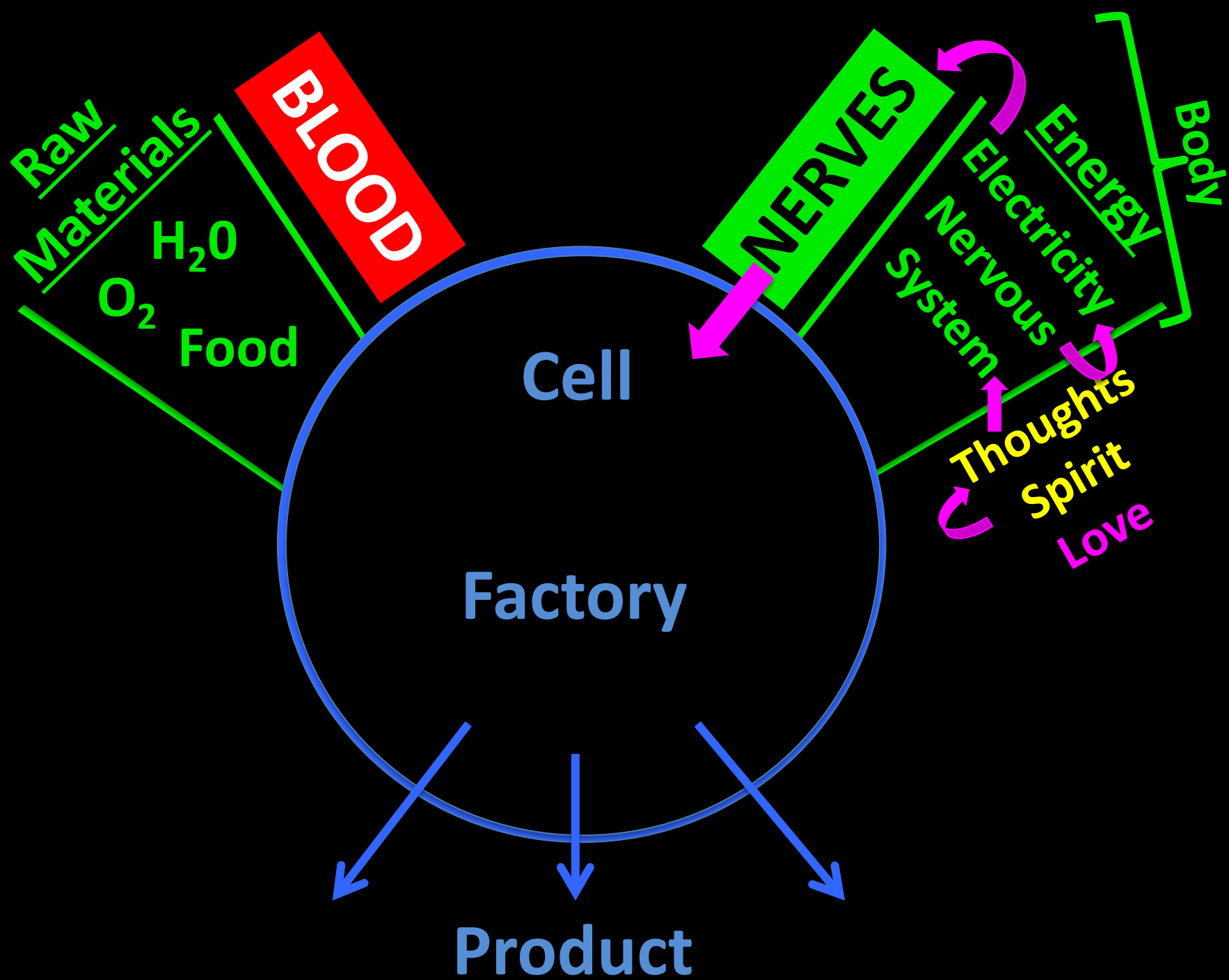


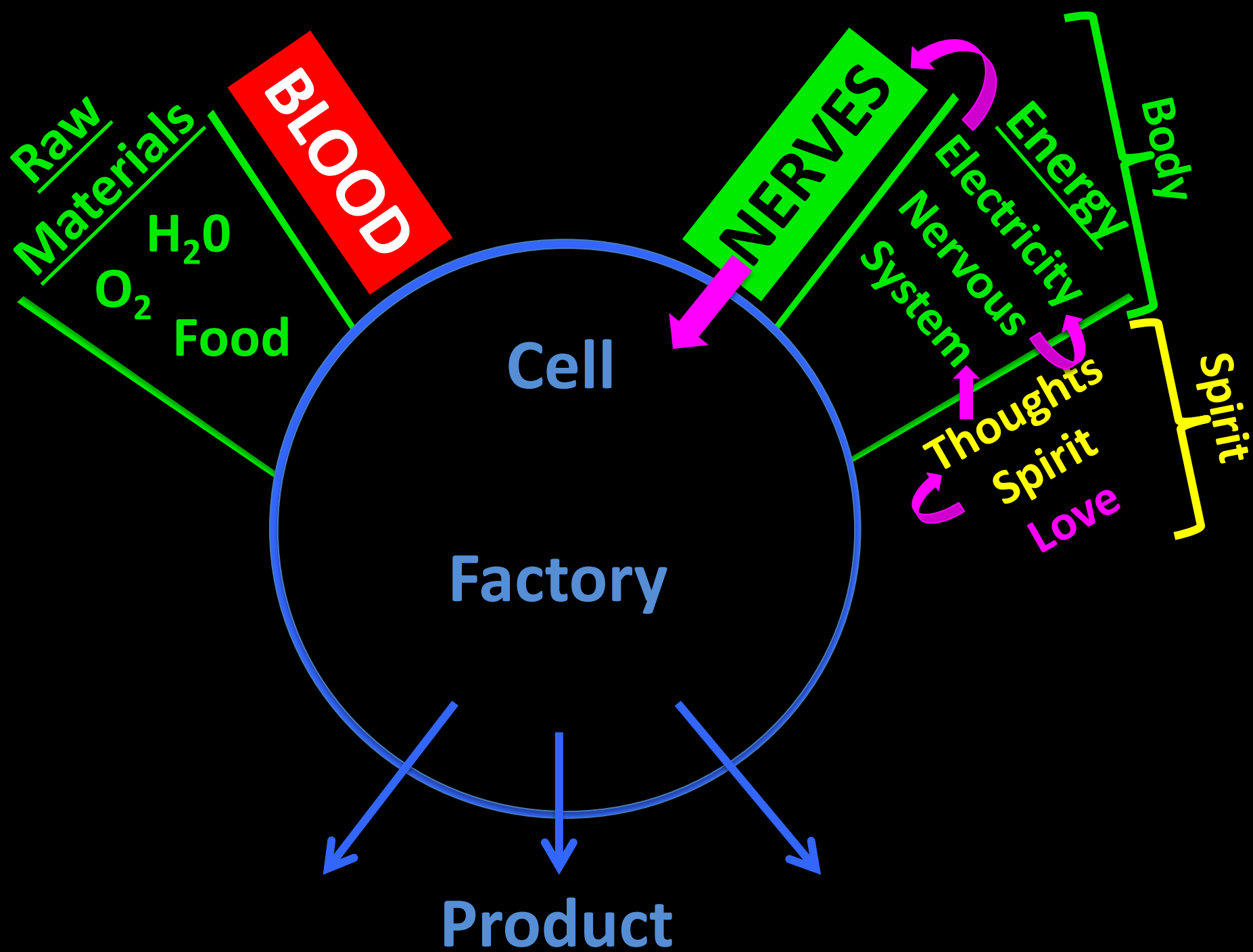


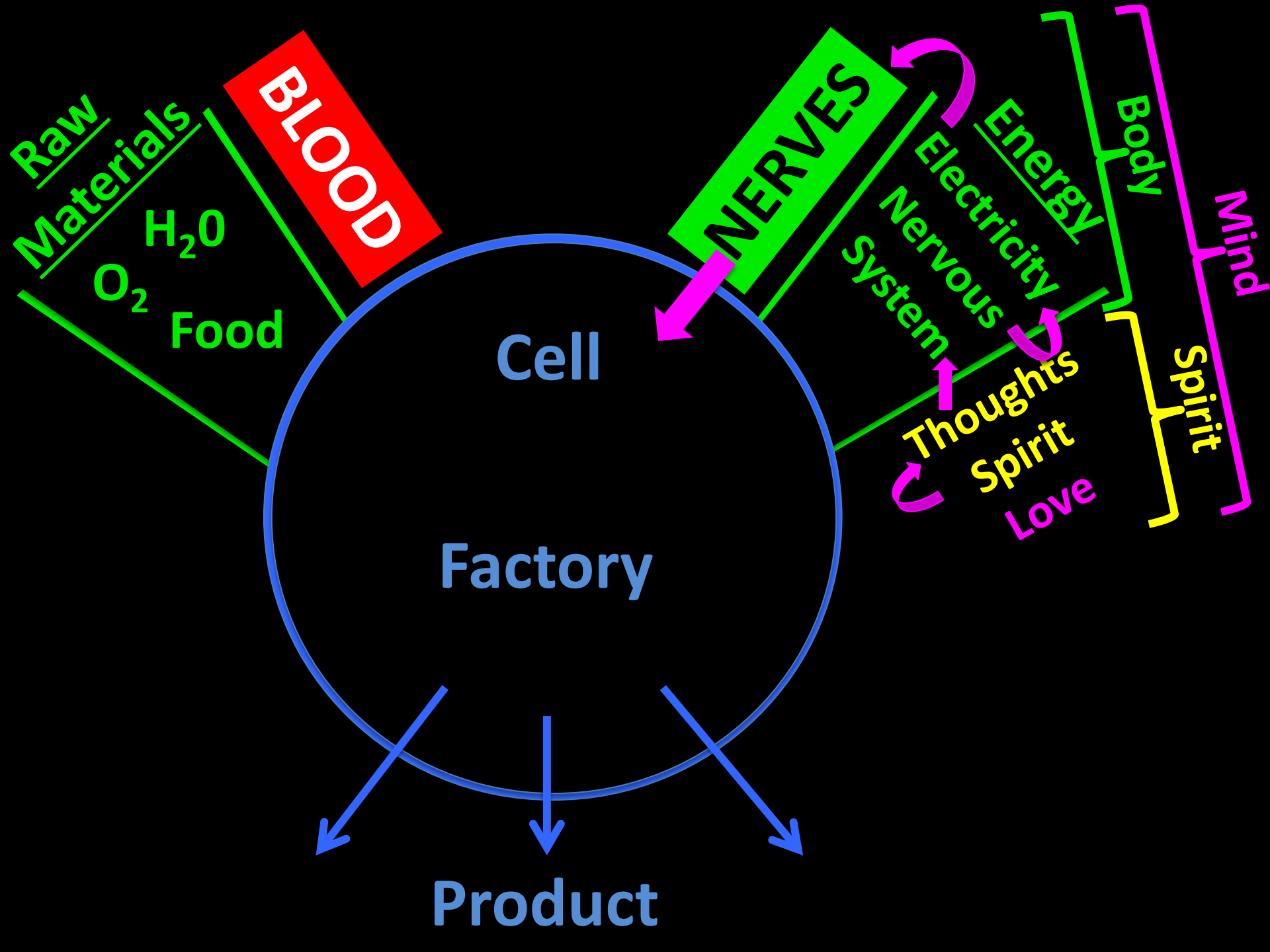


“The brain nerves that connect with the whole system are the medium through which heaven communicates with man and affects the inmost life.”









“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.”

Genesis 2:7

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.”

Genesis 2:7

Dust

“And the Lord God formed man of the **dust** of the ground, and breathed into his nostrils the **breath** of life; and man became a **living being**.”

Genesis 2:7

Dust + **Breath**

“And the Lord God formed man of the **dust** of the ground, and breathed into his nostrils the **breath** of life; and man became a **living being**.”

Genesis 2:7

Dust + **Breath** = **Living being**

“And the Lord God formed man of the **dust** of the ground, and breathed into his nostrils the **breath** of life; and man became a **living being**.”

Genesis 2:7

Dust + **Breath** = **Living being**
Body

“And the Lord God formed man of the **dust** of the ground, and breathed into his nostrils the **breath** of life; and man became a **living being**.”

Genesis 2:7

Dust + **Breath** = **Living being**

Body + **Spirit**

“And the Lord God formed man of the **dust** of the ground, and breathed into his nostrils the **breath** of life; and man became a **living being**.”

Genesis 2:7

Dust + **Breath** = **Living being**

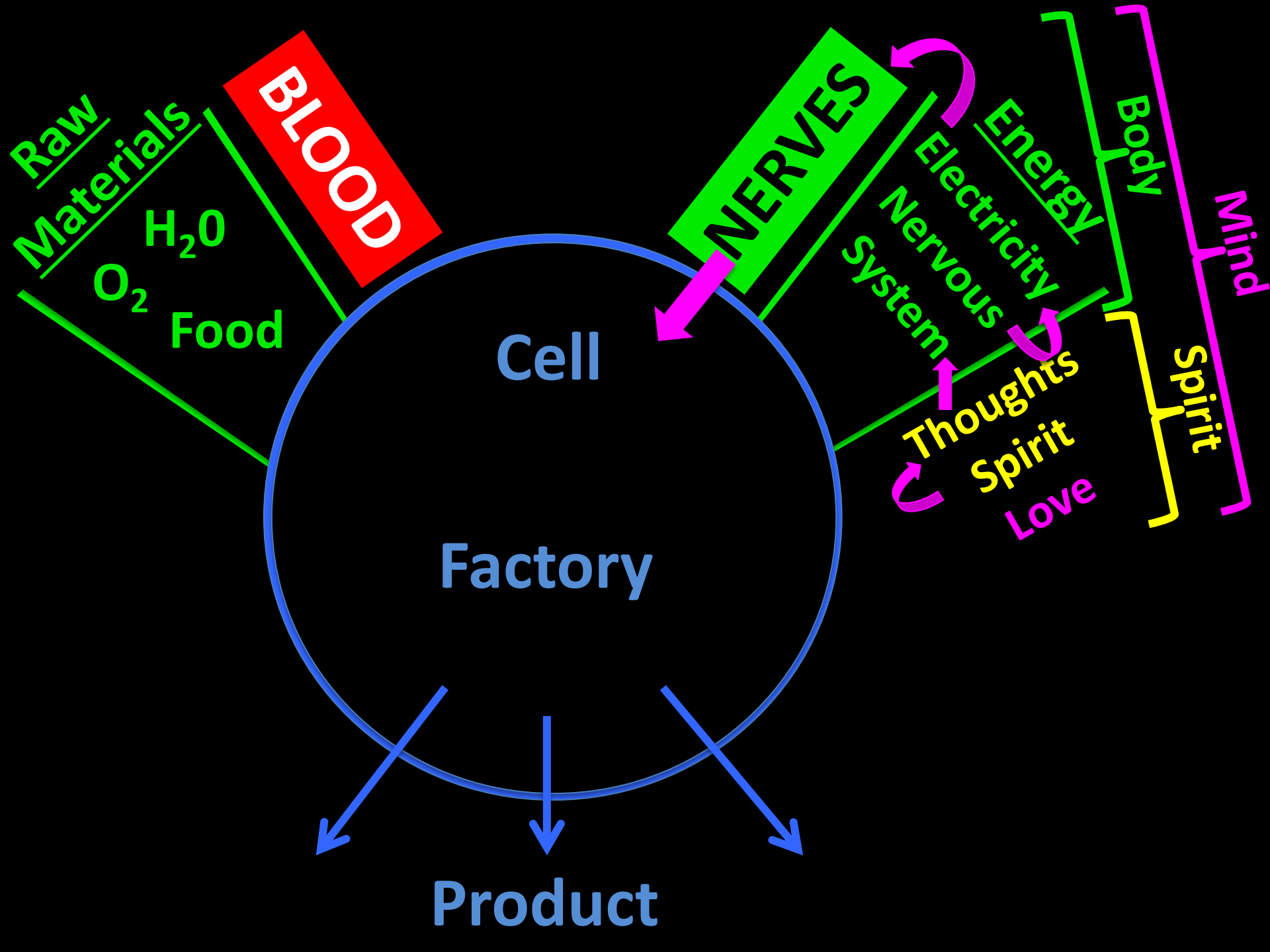
Body + **Spirit** = **Soul**

“And the Lord God formed man of the **dust** of the ground, and breathed into his nostrils the **breath** of life; and man became a **living being**.”

Genesis 2:7

Dust + **Breath** = **Living being**

Body + **Spirit** = **Soul (Mind)**



HEALING FROM DISEASE, DEPRESSION,
AND DAMAGED RELATIONSHIPS

THE LAW OF *Life*

Michelle came to me with an abdominal cancer that had spread and was resisting all conventional attempts to control it. She also came with emotional baggage from relationship traumas. As I shared with her the principles contained in *The Law of Life*, and as she applied those principles in her life, her cancer reversed. She gained the joy and hope that she had lost, and she had a greater appreciation of her purpose in life. Michelle's story is not an isolated case. I see my patients' relationships restoring, spiritual lives blossoming, and mental health improving when these principles are applied. And you can too. Read and re-read *The Law of Life* until you understand and apply it to your life. You won't regret it!



MARK SANDOVAL after graduating from the Loma Linda University School of Medicine specialized in emergency medicine, practicing nationally and internationally. He transitioned to a lifestyle medicine practice at Uchee Pines Institute in 2012 and later became one of the first 200 physicians in the world to become board certified in lifestyle medicine. He is a proud father and happy husband, as well as an educator, entrepreneur, consultant, administrator, international speaker, and now author.



Uchee Pines Institute
www.ucheeppines.org
1-877-824-3374



THE LAW OF LIFE

Mark Sandoval, M.D.



THE LAW OF *Life*



Mark Sandoval, M.D.